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State Health Officer

NEVADA STATE HEALTH DIVISION NEWS RELEASE

Nevada State Health Division Announces Increase of Influenza (Flu) Cases Statewide

Carson City – The Nevada State Health Division announces 384 cases of seasonal influenza occurring statewide. Confirmed cases of Influenza A total 158, confirmed cases of Influenza B total 132 and 94 cases are unknown influenza types.

Flu is increasing, not only in Nevada, but nationwide. Typically, this is the time of year in which an increase of influenza is expected.

The confirmed cases county by county are: Carson City: 23 Churchill: 13 Clark: 84 Douglas: 39
Elko: 19 Esmeralda: 0 Eureka: 0 Humboldt: 6 Lander: 0 Lincoln: 0 Lyon: 47 Mineral: 9
Nye: 4 Pershing: 3 Storey: 1 Washoe: 125 White Pine: 11

For people who have not received their flu shot this season, there is still available vaccine. The community health nursing clinics throughout the state have vaccine available, as well as Washoe County District Health Department, Southern Nevada Health District and Carson City Health and Human Services.

Prevention methods to help prevent contracting or spreading the flu:

- Wash your hands often with soap and water for at least 30 seconds to eliminate germs you may have picked up from touching things contaminated with the influenza virus. Carry waterless hand sanitizer for use when soap and water are not available.
- Cover your mouth and nose when you cough or sneeze to narrow the distance the droplets travel. Coughing/sneezing into your sleeve eliminates the need for using tissue and washing your hands afterwards.
- Avoid touching your mouth and nose – many germs, including influenza, enter the body through these openings.
- Stay away from crowds. Influenza is transmitted via droplets, which enter the air from a cough or sneeze and can remain airborne for three to six feet. The closer you are to others, the greater your chance of coming into contact with infected airborne particles.
- Stay home from work, school and social gatherings as well as those in the high-risk category if you are not feeling well to avoid the spread of disease to others.

Seasonal flu causes about 36,000 deaths and 200,000 hospitalizations in the United States each year and is the leading cause of death in the United States from a vaccine-preventable disease.

(MORE)



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For more information about seasonal influenza, please access the Nevada State Health Division's website: <http://health.nv.gov> Once at the main site, click on What Nevadans Need to Know About Seasonal Influenza, located under Hot Topics.

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