Local Flu Cases Contribute to National Flu Numbers

East Wenatchee, WA – Local reports of influenza-like illness (ILI) have contributed to a national and statewide flu uptick. Week 10 of the current flu season confirms ILI reports around the state are currently higher than they were this time last year. Local schools have reported >10% ILI absenteeism, and cases of flu type A have also been reported by two local nursing homes. Washington State influenza updates are available at: https://www.doh.wa.gov/DataandStatisticalReports.

An annual flu vaccination is recommended for everyone aged six (6) months and older. Even though the flu vaccine is the most important step in protecting against the flu, other preventative measures include:

- Avoid close contact with anyone who is sick
- Wash your hands often
- Cover your mouth and nose when sneezing or coughing
- Clean and disinfect common everyday surfaces
- Stay home if you have flu-like symptoms

Reduce the chance of getting and spreading the flu by monitoring for symptoms and seeing your doctor if you think you are ill. Flu symptoms often include some or all of the following:

- Fever (not everyone with the flu will have a fever) or feeling feverish/chills
- Cough, sore throat, runny or stuffy nose
- Headaches and muscle or body aches
- Fatigue (tiredness)
- Vomiting and diarrhea (this is more common in children than adults)

Additional information and resources:
Chelan-Douglas Health District
Washington State Department of Health
Centers for Disease Control and Prevention

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