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NEWS

SEDGWICK COUNTY, KANSAS – COMMUNICATIONS AND COMMUNITY INITIATIVES

FOR IMMEDIATE RELEASE

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SEDGWICK COUNTY INFLUENZA-LIKE ILLNESS SITUATION UPDATE

(Sedgwick County, Kan.) – The influenza-like illness situation at Sedgwick County hospitals is currently manageable and continues to be monitored hourly.

The Sedgwick County Emergency Operations Center has suspended operations for this incident. Citizens are still asked to keep the following in mind:

- Flu season is here and could continue through April.
- Get vaccinated. Many retail providers and physician offices still have the flu vaccine available. Call to check with your preferred provider. The Sedgwick County Health Department also has flu shots available for uninsured individuals.
- Influenza-like illness symptoms include headache, fever, tiredness, dry cough, sore throat, nasal congestion and body aches.
- Do not go to the emergency room if you are only slightly sick.
- Seek immediate medical care if you have any of the following signs or symptoms:
 - Worsening or significant difficulty breathing
 - Not waking up or interacting
 - Feeling faint
 - Confusion
 - Fever with a rash
 - In infants, significantly fewer wet diapers (only one or two a day)

- In adults, pain or pressure in the chest or abdomen unrelated to coughing
- Severe or persistent vomiting
- If you are sick, stay home at least 24 hours after your fever is gone without the use of fever-reducing medications

Additional ways to prevent the spread of influenza-like illnesses include washing hands frequently, coughing and sneezing into elbows rather than hands, eating healthy foods, and getting plenty of rest.

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