

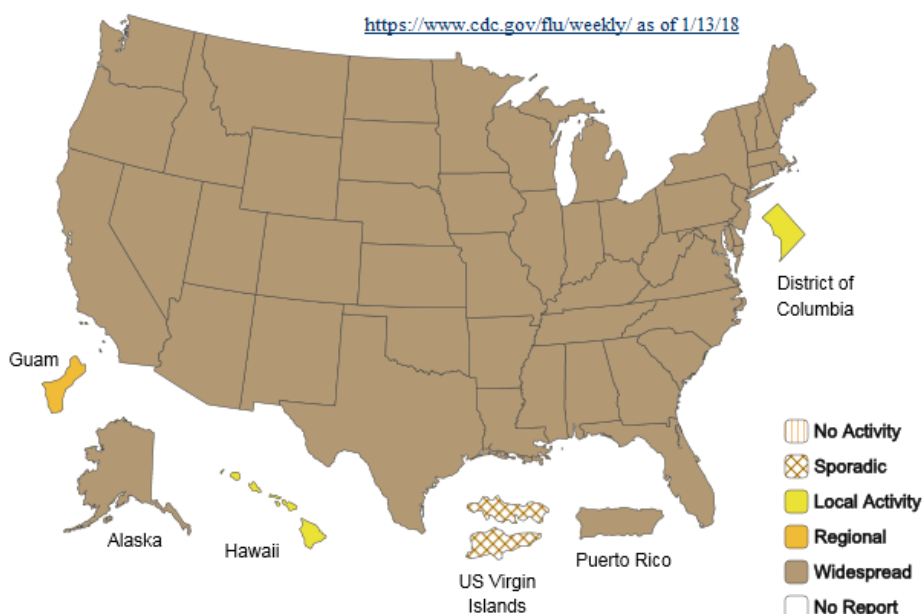
Welcome to *CD News Flash*, through which you can get quick and reliable information about communicable diseases that you may have been hearing about in the news. This newsletter is intended mainly for our community partners and will NOT be distributed routinely through all our usual email lists. **If you are interested in continuing to receive this newsletter, please email [epi@ochca.com](mailto:epi@ochca.com) with subject line "Subscribe CD News Flash".**

## It's Not Too Late to Get Vaccinated

Although the first wave of influenza this season seems to have peaked in Orange County in late December/early January, activity is still high and we expect influenza to be circulating over the next several weeks to months. Severe cases of influenza (defined as persons 0-64 years of age hospitalized in intensive care or who died with influenza) continue to be reported with 37 severe cases including 8 deaths thus far this season. Influenza continues to be widespread throughout California and the continental United States.

### Weekly Influenza Activity Estimates Reported by State and Territorial Epidemiologists

(This map indicates geographic spread and does not measure the severity of influenza activity.)



## Do Your Part to Slow the Spread of Influenza

**Get vaccinated.** Influenza vaccine is readily available at numerous locations throughout the county; see [www.ochcahealthinfo.com/phs/about/family/flu](http://www.ochcahealthinfo.com/phs/about/family/flu) for more information.

**Stay home if you are sick.** If you have a fever, stay home for at least 24 hours after your fever is gone without using fever-reducing medications.

**Cover your coughs and sneezes.** Cover your nose and mouth with a tissue, then throw away the used tissue when you are done. Use your sleeve or elbow if you don't have a tissue. Wash your hands afterwards.

**Wash your hands often.** Wash with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.

**Clean frequently touched surfaces and objects**, such as handrails and doorknobs, always following the directions on product labels.

From <https://www.cdc.gov/nonpharmaceutical-interventions/pdf/do-your-part-slow-spread-flu-item5.pdf>