



# Southeast District Health Department

Serving: Johnson, Nemaha, Otoe, Pawnee, and Richardson Counties

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## Flu Cases On The Increase

Influenza Season has definitely arrived in Southeast Nebraska according to Kay Oestmann, Health Director with the Southeast District Health Department.

“Cases of influenza were significant in those schools and physician’s clinics reporting to the District this week. We expect to see cases peak this time of year” Oestmann said

The virus is spread person to person primarily through droplets released when an infected person coughs or sneezes. Symptoms usually include fever, chills, headache, nasal congestion, dry cough and muscle aches. These symptoms may last 5 to 7 days or longer.

### Ways to avoid the flu:

Avoid close contact with others who are sick

Wash your hands frequently with soap and water washing hands briskly for 20 to 30 seconds, or;  
Use an antibacterial hand sanitizer using a spot the size of a quarter, rub hands including backs and around your nails until it dries.

Avoid touching your eyes, nose and mouth.

Don't share household items with members who have the flu. Clean items such as the remote controls, telephone, and door knobs with wipes or household cleaning solution. Dishes should be washed in the dishwasher on Sanitize level or rinsed with boiling water and allowed to air dry.

**People with the flu should:**

Drink plenty of fluids

Take medication according to directions to relieve symptoms.

Cough and sneeze into your sleeve

Avoid use of alcohol and tobacco

**AND THE MOST IMPORTANT: Stay Home!!**