



**COUNTY OF SAN LUIS OBISPO HEALTH AGENCY
PUBLIC HEALTH DEPARTMENT**

FOR IMMEDIATE RELEASE

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Health Officials Remind Residents to Take Precautions as Flu Activity Increases in SLO County

San Luis Obispo, CA—As influenza activity increases nationwide and in San Luis Obispo County, the County of San Luis Obispo Public Health Department reminds residents to take common-sense precautions to protect themselves and the community from the flu.

Is the flu season almost over?

No. Currently in SLO County, the flu season is well underway, and health officials believe the local flu season has not yet peaked. The flu season generally begins in October or November, peaks between January and February, and can last as late as May.

Who is most at risk?

Some people are especially at risk for serious complications from the flu. This includes:

- Older adults—over age 65
- Young children—under age five, and especially under age two
- Pregnant women
- People with other health conditions like heart or lung disease

It's important for people at risk of serious complications—and the people who spend time with them—to protect themselves from the flu. It's also important to remember that even young, healthy people can sometimes experience serious complications.

What can I do to protect myself?

- **Wash your hands.** Wash your hands with warm, soapy water for at least 20 seconds. (Need a timer? Sing the "happy birthday" song twice.) If soap and water aren't available, use alcohol-based hand sanitizer.
- **Avoid touching your eyes, nose, and mouth.** This helps prevent the spread of the virus.
- **Avoid contact with people who are sick.** This might mean you need to delay a visit or meet by phone or video chat instead.
- **Get the flu shot.** While the flu shot offers most protection if you get it early in the season, it's better now than never. If you get a flu vaccine but still get the flu, you will most likely have more mild illness and less risk of serious complications. You can get your flu shot from your healthcare provider, at many local pharmacies, or at [Public Health Department clinics](#).

What should I do if I have the flu?

- **Stay home.** If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people as much as possible. Rest, stay hydrated, and take temperature-reducing medicines (such as Tylenol or ibuprofen) as needed.

County of San Luis Obispo Health Agency

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- **Keep it to yourself.** Don't share the flu. Wash your hands often and use a tissue to cover your cough or sneeze. Avoid spending time with other people, especially those who are at risk for serious complications of the flu. This may mean you need to delay a visit or a meeting.
- **Look out for signs that it may be more serious.** In most cases, you do not need medical care or prescription medicine to recover from the flu. However, some cases can be more serious. If you experience any of these symptoms when you have the flu, seek medical attention immediately:
 - Difficulty breathing
 - Shortness of breath
 - Chest pain or severe abdominal pain
 - Confusion
 - Sudden dizziness
 - Severe vomiting or vomiting that won't stop

If you are caring for someone who has the flu, be aware of these emergency signs and help the person seek medical attention if needed. If you do not have these symptoms but are concerned, call your regular healthcare provider.

Should I take Tamiflu or other antiviral medicine? What about antibiotics?

Your doctor may prescribe an antiviral medicine such as Tamiflu to help reduce symptoms of the flu, especially if you are at risk of serious complications. If your doctor prescribes antiviral medicine, be sure to take it as directed. If you are generally healthy (except for the flu), your doctor may not prescribe this medicine.

Antibiotics are not effective against the flu. Taking antibiotics when you don't need them can expose you to unwanted side effects and can contribute to antibiotic resistance, making the drugs less effective when we do need them.

Should I go to the emergency room if I have the flu?

In most cases of the flu, it's best to recover on your own at home. You probably don't want to spend time in the waiting room to see the doctor only to be told in most cases to rest, hydrate and take fever-relieving medication.

How long is someone contagious after getting the flu?

A person may be considered no longer contagious after:

- At least seven days past the start date of their illness.
- 24 hours with no fever, and no use of fever-reducing medicine, such as acetaminophen (Tylenol®) or ibuprofen (Advil®).

That means if you have been sick with the flu for more than seven days and still have a fever, you can still spread the virus to others. (Some people, especially children, may spread the virus for more than seven days.) You need to meet both conditions to be no longer contagious. People often cough for a period of time after recovering from the flu because of the damage it causes to lungs and airways. That cough does not necessarily mean the person is still contagious.

I already had the flu. Should I get the flu shot?

Yes. The flu vaccine protects against three to four strains of the flu. If you've had one strain, you are still susceptible to the other strains. Get your flu shot!

Where can I learn more?

Visit www.cdc.gov/flu.

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