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City of Mart

City of McGregor

City of Moody

City of Riesel

City of Robinson

City of Ross

City of Waco

City of West

City of Woodway

McLennan County

Number of Flu Cases Increase In McLennan County

(November 11, 2014) The Waco-McLennan County Public Health District (WMCPHD) is reporting an increase in the number of flu cases* over the past 4 weeks. The best protection against the flu virus is vaccination. It is not too late to get a flu shot. Flu season typically does not peak until January or February and runs through March. It's not too late to get a flu shot. The Health District also recommends that anyone with flu symptoms, including a fever, avoid contact with others. Basic hand and cough hygiene will also slow the spread of the flu virus.

Week ending 11-8-14	428 cases
Week ending 11-1-14	218 cases
Week ending 10-25-14	101 cases
Week ending 10-8-14	64 cases

**The case number is the combined information on reports of Type A, Type B, and Influenza-Like Illness from healthcare providers and school nurses.*

Influenza or the flu is a serious disease caused by a virus that spreads from infected persons to the nose or throat of others. Symptoms can include fever, cough, sore throat, headache, chills and muscle aches. Most people are ill with the flu for only a few days, but some get much sicker and may need to be hospitalized. Influenza causes thousands of deaths each year, mostly among the elderly. Individuals who think they have the flu should contact their health care provider.

The flu vaccine has been approved for everyone including children 6 months of age and older and pregnant women.

People who are at high risk for getting the flu should be vaccinated now. High-risk individuals include:

- Persons aged 65 years and older, with and without chronic health conditions
- Residents of long-term care facilities
- Persons aged 2–64 years with chronic health conditions*
- Children aged 6–23 months
- Pregnant women
- Health-care personnel who provide direct patient care
- Household contacts and out-of-home caregivers of children aged <6 months
- Types of chronic health conditions include but are not limited to:

- ✓ Heart disease
- ✓ Kidney disease
- ✓ Lung disease
- ✓ Metabolic diseases like diabetes
- ✓ Blood disorders like anemia
- ✓ Neuromuscular disorders that can cause breathing problems
- ✓ Weakened immune system from cancer, cancer treatment, HIV/AIDS or steroid therapy

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