

FOR IMMEDIATE RELEASE

January 1, 2017

South Central Public Health District Reports a Significant Increase in Influenza

TWIN FALLS, ID – Tanis Maxwell, Epidemiologist for South Central Public Health District, reported on Thursday that, 30 Minidoka residents have recently tested positive for Influenza.

“This is the peak of the influenza season so it isn’t a complete surprise to see an increase,” Maxwell noted.

So far, during the 2016-2017 Influenza season, IDHW has reported 18 influenza-related deaths in Idaho. Two of the eighteen reported deaths were in south central Idaho and occurred in adults 50 or over.

South Central Public Health District wants to remind residents the easiest way to avoid Influenza is to:

- Get immunized. Adults over 65 should receive the ‘high dose’ vaccine.
- Wash your hands often.
- Cover your cough or sneeze.
- Stay home if you are sick and keep your children home if they are ill.

Typical symptoms of the flu are a sudden onset of fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle, or body aches, headaches and fatigue (tiredness). Cold symptoms are usually milder.

For more information, contact Jeff Pierson, 208-737-5945

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Resources:

- Flu.Idaho.gov