

# NEWS RELEASE

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## INFLUENZA ACTIVITY INCREASING IN OUR DISTRICT

The Medical Officer of Health has determined that influenza activity has increased and is circulating in our community.

Localized influenza activity is now at a Level 3. This means sporadic influenza-like-illness is happening in our district and area schools and there are laboratory confirmed cases in the community and residential institutions.

The Health Unit advises you can still get your influenza immunization. Call your health care provider to book an appointment. You can also call the Vaccine Preventable Diseases Program at the Health Unit, at 705-474-1400, ext. 2252 or 1-800-563-2808.

For more information, call the Health Unit or visit [www.healthunit.biz](http://www.healthunit.biz).

### Quote

“The best way to prevent the spread of influenza is to get your flu shot, wash your hands, and cough and sneeze in your sleeve. If you have symptoms, stay home and avoid contact with highly vulnerable people such as the elderly, young children, anyone with high-risk medical conditions or who have compromised immune systems.”

- Dr. Jim Chirico, Medical Officer of Health  
North Bay Parry Sound District Health Unit

### Quick Facts

- To date there are 57 cases of lab confirmed influenza, which includes 55 Influenza A cases and 2 Influenza B cases.
- The strains contained in this year's influenza vaccine appear to be a good match to the strains circulating in the community.
- It is not too late to get your influenza immunization. While it takes up to two weeks to gain full protection, the influenza season does continue through the winter months.

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