



Grant County Health District
Always Working for a Safer and Healthier Grant County

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FOR INFORMATION CONTACT

TO: Grant County Media

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Flu Active in Central Washington

MOSES LAKE, WA— Flu (influenza) has been confirmed in Grant, Kittitas and Yakima Counties, as well as neighboring Canadian Provinces in the past week.

Adults with the flu can make others sick 1 day **before** symptoms appear and up to 5 days **after** symptoms begin. Because of this it is important to be careful when you cough around other people, whether at home, school, work or in a public place.

If around other people please:

- Cover your nose and mouth when coughing or sneezing;
- Use tissues and, after use, throw them away in nearest garbage can; and
- Wash your hands (with warm water and soap or alcohol-based hand sanitizer) after coughing, sneezing or touching your nose or mouth.

People who are diagnosed with the flu by a doctor or who have a cough with a fever should remain at home until the fever and cough are gone to avoid spreading to others. If staying at home is not possible, the Grant County Health District recommends the use of a mask when in a public place like the grocery store or Post Office or when visiting the doctor's office. Masks are also recommended for ill mothers when caring for their babies.

Getting a flu shot is the best way to prevent getting and spreading the flu. Please contact your doctor or visit a participating local pharmacy to get your flu shot.

Find a flu shot at **FLU FINDER** on the Grant County Health District web site.

www.granthealth.org

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