



Lake County General Health District

FOR IMMEDIATE RELEASE
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LAKE COUNTY GENERAL HEALTH DISTRICT

LAKE COUNTY, OHIO 2014-15 FLU SEASON REPORT

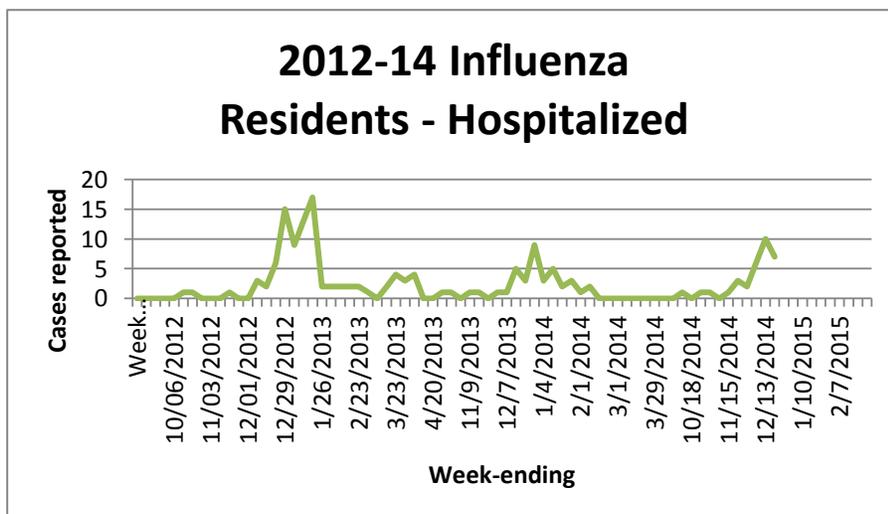
The United States Centers for Disease Control and Prevention (CDC) says that the 2014-15 flu season may be as severe as it is because Influenza A is the main virus strain. The Influenza A virus strain leads to more severe illness and death, especially in older people and young children.

The Lake County General Health District (LCGHD) reports 32 residents have been hospitalized with an influenza illness since October, 2014. The illness is happening in all age groups, but two-thirds of the cases are over the age of 60. In the past two weeks alone, there has been a significant increase in Lake County residents being hospitalized because of the flu.

Symptoms of influenza can include fever, cough, sore throat, body aches, headache, chills and extreme tiredness. Vaccination is still the best protection against the flu, its severity and possible serious complications. Other proven methods to avoid getting or spreading influenza include:

- Hand washing;
- Covering coughs and sneezes;
- Avoid touching eyes, nose and mouth; and
- Staying home when sick until fever-free for 24 hours.

For more information on influenza, visit LCGHD's website at www.lcghd.org.



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