



Summit County Public Health

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FOR IMMEDIATE RELEASE

It is Still Not Too Late To Get the Flu Vaccine

Akron, Ohio – Summit County Public Health (SCPH) warns Summit County that the flu is widespread across Ohio as well as 46 other States. Symptoms of flu can include fever, cough, sore throat, body aches, headache, chills and fatigue. Flu and the common cold are both respiratory illnesses so it is important to know the difference. Use the quick reference chart below to help you determine if it is the flu or a common cold. However, when in doubt make an appointment with your family physician.

SYMPTOMS	COLD	FLU
Fever	Rare	Usually Present
Aches	Slight	Usual, often severe
Chills	Uncommon	Fairly Common
Tiredness	Mild	Moderate to severe
Sudden Symptoms	Symptoms appear gradually	Symptoms can appear within 3-6 hours
Coughing	Hacking, productive cough	Dry, unproductive cough
Sneezing	Common	Uncommon
Stuffy nose	Common	Uncommon
Sore throat	Common	Uncommon
Chest Discomfort	Mild to moderate	Often severe
Headache	Uncommon	Common

Produced by Pittsburg State University

Influenza A (H3N2) viruses have been the most common flu viruses circulating this season, according to the CDC. The Ohio Department of Health states, “H3N2-predominant flu seasons have been associated with more severe illness, especially among children and adults age 65 and older. Vaccine effectiveness against H3N2 viruses has been around 30 percent. Vaccine effectiveness against other circulating flu

viruses has been about 60 percent for H1N1 viruses, and around 50 percent for influenza B viruses. A study also done on flu vaccination said that it can significantly reduce a child's risk of dying from the flu". It is not too late to get your flu vaccination. Flu vaccinations are still available at most healthcare providers' offices and retail pharmacies.

Other ways to avoid getting or spreading the flu include washing hands frequently; covering coughs and sneezes with tissues; coughing or sneezing into elbows; avoiding touching eyes, nose and mouth; and staying home when sick and until fever-free for 24 hours without using fever-reducing medication. Persons with flu like symptoms should not visit patients in hospitals or nursing homes. For more information on flu please visit www.flu.ohio.gov or www.scphoh.org.

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