



NEWS RELEASE

www.marincounty.org/news



Contact:

Matt Willis

PUBLIC HEALTH
OFFICER

Health and Human Services

Marin County
899 Northgate Drive,
Suite 104
San Rafael, CA 94903
415 473 4163 T
CRS Dial 711
MWillis@marincounty.org
www.marincounty.org/hhs

For Immediate Release

January 14, 2013

Marin County Public Health Recommends Flu Vaccination *Influenza Activity Increasing with Elevated Levels Nationwide*

San Rafael, CA - Influenza activity continues to increase in California and Marin, but these increases are not unexpected due to seasonal peaks in flu activity. Marin County Public Health Officer, Dr. Matt Willis said, "Marin typically sees an increase in flu activity during late December or early January."

"[Marin County Public Health](http://www.marincounty.org/hhs) strongly recommends getting vaccinated as the best defense against the flu," said Dr. Willis. "This year's flu vaccine is a good match against current influenza strains according to the California Department of Public Health," says Dr. Willis.

From December 30, 2012 through January 5th 2013, the percentage of positive Marin County influenza tests (19.8%) crossed the 10% threshold that indicates influenza is actively circulating in our community. However, during the same period, the percentage of emergency room visits for influenza like illness (ILI) was 1.1%, slightly decreasing from previous week levels of 1.2%.

Marin County Public Health tracks influenza activity and publishes a weekly report available on www.marinflu.org. While influenza activity is unpredictable from year to year, Marin will likely continue to see elevated flu activity for some time.

In addition to vaccination, Dr. Willis recommends the following practices to help stop the spread of germs:

- While sick, limit contact with other individuals.
- Cover your mouth and nose when coughing or sneezing
- Wash hands thoroughly with soap and water or use an alcohol-based rub

Please visit www.marinflu.org for information on where to get your flu shot, recommendations for parents, information for providers, and additional resources. High risk individuals such as the elderly, pregnant women, infants, and individuals with other health conditions should contact their medical provider immediately if they show flu symptoms. [Flu](#) symptoms include fever, cough, sore throat, runny nose, muscle aches, headaches, and fatigue.

###