Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.

**Flu Symptoms**

Flu is different from a cold. As it usually comes on suddenly. People who are sick with flu often feel some or all of these symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)

*It’s important to note that not everyone with flu will have a fever*

Experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes. People with flu are most contagious in the first 3-4 days after their illness begins. From the time when a person is exposed and infected with flu to when symptoms begin is about 2 days, but can range from about 1-4 days. Complications of flu can include bacterial pneumonia, ear infections, sinus infections and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

Anyone can get flu, and serious problems related to flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and children younger than 5 years.

The first and most important step in preventing flu is to get a flu vaccine each year. Flu vaccine has been shown to reduce flu related illnesses and the risk of serious flu complications that can result in hospitalization or even death. Center of Disease Control (CDC) also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

**The Marion County Health Department offers the regular dose and high dose flu vaccine. Children will need an appointment. Adults may walk-in Monday – Friday at our Salem and Centralia offices from 8am to 5pm.**

**Salem Office**
118 Cross Creek Blvd.
Salem IL  62881
618-548-3878

**Centralia Office**
1013 N. Poplar
Centralia IL  62801
618-532-6518

Source: www.cdc.gov/flu/about/keyfacts
### August 2019 Statistics

#### MCH Continued...
- WIC Clients receiving Education: 182
- WSSM / WIC Education: 130
- Internet WIC Education: 15
- Individual WIC Education: 37
- Lead: 61
- Hemoglobins: 158
- ASQ Developmental Screenings: 122
- Depression Screenings: 65
- EPSDT’s: 39
- Fluoride Varnish (Oral Health): 57
- Number of Vision Tested: 0
- Number of Hearing Tested: 0
- OAE Hearing Tested: 0
- Pregnancy Tests: 1

#### Immunizations

<table>
<thead>
<tr>
<th>Number of Clinics</th>
<th>No. of adults</th>
<th>No. of adults immz. administered</th>
<th>No. of pediatrics</th>
<th>No. of pediatric immz. adm.</th>
<th>Total of vaccines administered</th>
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</thead>
<tbody>
<tr>
<td>9</td>
<td>46</td>
<td>31</td>
<td>8</td>
<td>30</td>
<td>395</td>
</tr>
</tbody>
</table>

#### Children’s Immunizations

- Pediariix: 17
- Pediatric Flu: 0
- Hib: 21
- Pevnar: 22
- Rotavirus: 9
- Hep A: 31
- Dtap: 8
- MMR: 46
- Tdap: 19
- Hepatitis B: 33
- Varicella: 18
- Kinrix: 18
- Gardisil: 87
- Pentacel: 0
- IPV (Polio): 10
- Td: 0
- Men. B: 3

#### Family Case Management
- APORS Visits: 89
- Healthworks Caseload: 1

#### Communicable Disease Investigations
- Chickenpox: 0
- Cryptosporidiosis: 0
- Hepatitis B: 1
- Hepatitis C: 1
- Histoplasmosis: 0
- HIV/AIDS Cases Investigated: 0
- HIV Test: 4
- Salmonellosis: 0
- Streptococcal Infections (Group A): 1
- Whooping Cough (Pertussis): 0

#### Sexually Transmitted Disease
- Chlamydia: 25
- Gonorrhea: 11
- Syphilis: 0

#### TB (Tuberculosis)
- Tests Administered: 37
- New Prophylactic Patients: 0
- New Investigations: 0
- New Active Cases: 0

#### Drug Testing
- 5-Panel Hair Drug Test: 0
- 9-Panel Non-Regulated Urine Test: 5
- 5-Panel Hair Test w/ Exp.Opiates: 0

### Quest Lab Draws

<table>
<thead>
<tr>
<th>Location</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salem Office</td>
<td>46</td>
</tr>
<tr>
<td>Centralla Office</td>
<td>17</td>
</tr>
<tr>
<td>Total Private Pay Lab Draws</td>
<td>63</td>
</tr>
</tbody>
</table>

### Environmental Health

#### Food
- Routine Inspections: 28
- Follow-up Inspections: 4
- Complaint Inspections: 2
- Temporary Inspections: 22
- Pre-Operational Inspections: 1
- Emergency Incident Inspections: 0
- Number of Permits Issued: 35

#### Sewage
- Routine Inspections: 9
- Complaint Inspections: 0
- Realty Inspections: 0
- Sewage Systems Installed: 9
- Number of Permits Issued: 12

#### Water
- New System Inspections: 0
- Existing Water Well Inspections: 0
- Realty Inspections: 0
- Complaint Inspections: 0
- Water Wells Sealed: 0
- Number of Permits Issued: 1

#### Closed Loop Wells
- Closed Loop Well Inspections: 0
- Systems Installed: 0
- Number of Permits Issued: 0

#### Tanning
- Routine Inspections: 0
- Follow-up Inspections: 0
- Complaint Inspections: 0

#### Body Art
- Routine Inspections: 0
- Follow-up Inspections: 0
- Complaint Inspections: 0

#### Miscellaneous
- Animal Bites: 0

#### Lab Draws

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#### Lab Draws

<table>
<thead>
<tr>
<th>Test</th>
<th>Female</th>
<th>Male</th>
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</thead>
<tbody>
<tr>
<td>FIT Test</td>
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<td>0</td>
</tr>
</tbody>
</table>

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**Marion County Board of Health**

Elizabeth Franczyk, MD  Mike Morton, RPh  Paula Strother, RN
Kendra Taylor, RN, MSN  Aziz Rahman, MD  Keith Kessler, BS, JD
Kyle Clark, DMD  Tom Turner, MS  Creighton Engel, DC, MS

**Marion County**

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