COUNTY HERALD - THURSDAY, JANUARY

Health officials encourage flu control measures during unusually active flu season

This year's flu activity is hospitals operating at full ca- tact with other patients or unusually high, and Mis- pacity." sissippi State Department to continue to protect themselves against the flu and to spread of flu. While flu season typically peaks in January through March in Mississippi, the state has already been at a widespread activity level for several weeks.

impact of high levels of influenza this season with more than 100 reported flu outbreaks in nursing homes and other long-term care settings," said MSDH State Epidemiologist Dr. Paul Byers. "Additionally, MSDH has dren to visit at the facility; received reports from hospitals across the state that are experiencing increased admissions to ICUs and increased visits to Emergency

Byers said that some hosof Health (MSDH) officials pitals, nursing homes, and encourage all Mississippians other long-term care facilities may be restricting visitors and limiting access to practice basic prevention public waiting areas. The measures to help prevent the public can assist hospitals and other facilities in their efforts to reduce the spread

· If you are ill do not visit family or friends—ill visitors should wait at least 48 hours "Mississippi is seeing the after symptoms resolve before considering a visit;

· Do not take groups to visit, or accompany family or friends to the hospital/ healthcare facility or emergency department;

· Limit or don't take chil-

· All visitors should cover coughs and sneezes and practice hand hygiene;

· Visitors should only visit their family or friends; they Departments which have should not visit or have con-

residents;

· Patients, families and visitors should follow any additional recommendations/ restrictions set forth by the healthcare facility.

Dr. Byers said the flu shot is still the best protection against flu-related complications, and while it may not prevent infection, it can drastically reduce the severity and length of illness and prevent serious complications such as hospitalization and even death.

Flu shots are recommended for all those six months and older.

The type of flu virus that is primarily causing illness in Mississippi and nationwide is the H3N2 flu strain, which especially affects individuals over 65 years of age and young children, increasing their risk of complications and hospitalization.

Basic infection

IN AND AROUND EXINGTON

Selena Morris' mother in improving. I talked to his Tchula broke her hip. She is recuperating in the Oasis Center in Yazoo City.

Mrs. Alline Wilks will be cremated wherever her daughter lives. I don't have the full details. I can not say whether or not the ashes will be brought back to Lexington for burial. Mrs. Wilks was well known for heartfelt singing in Lebanon and Antioch Church Choirs.

Fred Horton is gradually

children are sick for at least

and washing your hands fre-

Those 18 and under who

Margaret, at home out of this measures can also reduce the for Children program can spread of flu and should be receive flu vaccination at taken whether or not individcounty health department clinics for \$10. Insurance, uals are vaccinated. These measures include covering Medicaid and Children's Health Insurance Program quilt on Facebook at the Holyour mouth when coughing and sneezing, staying (CHIP) is accepted for chilat home when you or your dren's flu shots.

mother. She said one day he

left overs for dinner. That's a

big + (plus) for a stroke vic-

a number one cook. Keep

praying for his improve-

ment. One day he talked to

derstand what he was saying.

loving and caring husband

Elder Curtis Cobbins is a

24 hours after fever is gone, area or for more informawebsite at www.HealthyMS. are eligible for the Vaccines

\$16/WEEK

Three Months Minimum

winter weather. He says she is doing pretty good.

Goldia Landfair went to the doctor Thursday, Janu-

Mr. Willie Beamon of Tchwas able to warm up some ula is still hospitalized.

The Volunteer Homemakers Sewing Club at the tim. Before his stroke he was Multi-Purpose Building in Lexington will raffle off their second quilt on February 14. Tickets are \$1.00. Funds me on the phone. I could un- raised will be used to buy supplies to keep the sewing club in operation. This club helps people in need for as he keeps his wife, Mrs. example, dialysis patients, nursing home patients, victims of house fires, needy families, etc.

Supervisor Larry Davis won the first quilt. You could be the second winner if you buy a ticket! You can see the mes County Extension page.

The senior citizens at the To locate a county health feeding center in Lexington department clinic in your celebrated a combined birthday party for three people, tion on flu, visit the MSDH Mrs. Rosie Howze, Mrs. Annie Sago and Mrs. Jannie

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quently.



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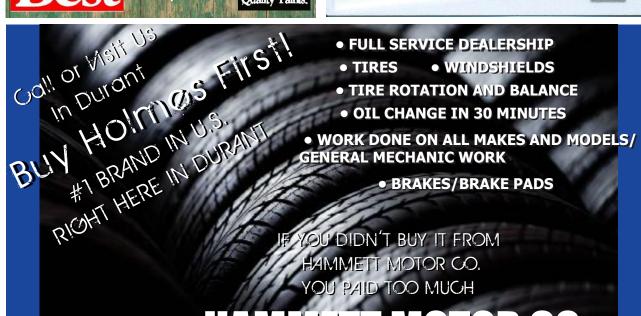
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