



Southeastern Idaho Public Health

Southeastern Idaho Public Health Urges the Public to Take Steps to Prevent the Spread of Flu and Cold Viruses

With flu and cold season upon us, public health officials at Southeastern Idaho Public Health (SIPH) would like to remind the public of simple measures they can take to prevent or mitigate the spread of flu and cold viruses.

- Get an influenza vaccine! It is your best protection against becoming seriously ill with flu.
- Wash your hands with soap and water, especially after you cough or sneeze. Alcohol based hand cleaners are also effective, but thorough hand washing is best.
- Cover your mouth with a tissue or handkerchief when you cough or sneeze. If a tissue is not available, cough or sneeze into the crook (bend) of your elbow.
- If you are sick with a fever and either a cough or sore throat, stay home for at least a day or two after all your symptoms are gone.
- If your children are sick with a fever and either a cough or sore throat, keep them home for at least a day or two after all their symptoms are gone.
- Try to avoid contact with sick people.
- Stay away from clinics and hospitals unless you have severe symptoms, and notify your doctor of the clinic before, or as soon as you arrive, that you have a fever and respiratory systems.

Viruses are unpredictable and it is impossible to know whether or not they will get stronger, remain the same, or diminish over time, but we do know that these are simple steps that everyone can take to do their part in stopping the spread of illness.

For more information, call your local public health office at 527-3463 or visit www.siphidaho.org. To become a fan of Southeastern Idaho Public Health, visit www.facebook.com/siphidaho.