

## Preventative Care during this Peak Illness Season

Most seasonal flu and other severe viruses often peak between December and February, and that is true for Kendall County and our neighboring regions. Now is the time to take preventative care to safeguard yourself and those you love.

Seasonal flu and other severe viruses can spread very easily and quickly. What are everyday preventative actions?

- Try to avoid close contact with sick people.
- If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the seasonal flu or other severe viruses. Some viruses may live on surfaces for up to two weeks.

People infected with seasonal flu or other severe viruses may be able to infect others beginning 1 day **before** symptoms develop and up to 5-7 days **after** becoming sick. That means you may be able to spread the flu to someone else before you know you are sick as well as while you are sick.

If you become ill; stay home, drink plenty of fluids, and seek medical attention if symptoms persist. Flu vaccines are available at the Kendall County Health Department. For more information, please visit [www.kendallhealth.org](http://www.kendallhealth.org)