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**Confirmed Influenza Death**

Holdrege, NE --- A confirmed Influenza associated death has been reported in the Two Rivers district. At this time, there is widespread flu activity across the state. Outbreaks are occurring in schools, long-term care facilities, hospitals, clinics, and in workplaces. Katie Mulligan, Communicable Disease Analyst at Two Rivers Public Health Department (TRPHD), reminds you “It’s not too late to receive the flu shot, and to stay home when you are sick.”

Influenza symptoms include fever, chills, headache, muscle aches, and dry cough. “If you are experiencing a fever and any other symptoms, please stay home for at least 24 hours after you are fever free, without taking fever reducing medications.” Mulligan recommends, “Call your healthcare provider at the onset of symptoms rather than visiting the clinic to reduce infecting others in the waiting room.” The flu may be serious especially for the elderly, young children, and those with compromised immune symptoms.

 Tips for Flu Prevention:

1. Stay home when you are sick, especially if you have a fever.
2. GET VACCINATED EACH YEAR.
3. Cover your cough
4. Wash your hands frequently using soap.
5. Avoid touching your eyes, nose or mouth.
6. Practice other good health habits such as getting plenty of sleep and exercise, managing your stress, drinking plenty of water and eating nutritious foods.

TRPHD and the CDC continue to recommend influenza vaccination for everyone six months and older. It takes approximately two weeks to receive immunity from influenza after getting the vaccine.

For more information on this topic, call Two Rivers Public Health Department at (888) 669-7154 or visit [www.trphd.org](http://www.trphd.org).

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