



MAHONING COUNTY PUBLIC HEALTH

PREVENT · PROMOTE · PROTECT

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FOR IMMEDIATE RELEASE DATE: January 9, 2024	Contact: MCPH PIO Team
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Increase in Seasonal Flu Cases Mahoning County Public Health

Mahoning County, along with the state of Ohio, is seeing an increase in seasonal influenza cases. The current activity level for the state is at a *Very High* level according to the Ohio Department of Health's *Seasonal Influenza Activity Report*,

<https://odh.ohio.gov/know-our-programs/seasonal-influenza/influenza-dashboard/influenza-dashboard>

The easiest way to protect yourself from the flu is to get a seasonal flu vaccine. A flu vaccine is recommended for those 6 months of age and older every year. A flu vaccine can be obtained by calling our office at 330-270-2855 ext. 125. You can also get a flu vaccine by contacting your local health care provider or pharmacy.

Flu viruses are mainly spread by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Less often, a person might also get the flu by touching a surface or object that has flu virus on it and then touching their own mouth or nose. Additional ways to prevent the flu, include:

- avoid touching your eyes, nose and mouth;
- wash your hands often;
- cover your coughs and sneezes;
- If you get sick, stay home.

Mahoning County Public Health, nationally accredited by the Public Health Accreditation Board, works to protect the public's health and to ensure conditions in which all people can live healthy lives. Mahoning County Public Health offers a variety of services from immunizations to environmental and community health programs. For a complete list of services visit

mahoninghealth.org.

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