

## INFLUENZA ALERT

Influenza activity is very high in Massachusetts right now. Please inform yourself about the signs and symptoms of influenza. Vaccination against the influenza continues to be the best way to prevent influenza or at least reduce the severity of the symptoms. The vaccine is available through health care providers and pharmacies. In addition, hand washing and minimizing contact with persons who have influenza symptoms is helpful. If you think you have influenza, consult your health care provider and stay home from work or school. Influenza can be a serious or life-threatening disease.

See the following for more in depth information:

<https://www.mass.gov/service-details/flu-information-for-the-general-public>

<https://www.mass.gov/influenza>

<https://www.cdc.gov/flu/weekly/index.htm#S2>

<http://blog.mass.gov/publichealth/wp-content/uploads/sites/11/2018/02/Weekly-Flu-Report-02-02-2018.pdf>