

UNC School of Medicine
321 S. Columbia St.
Chapel Hill, NC 27516
919-445-8555

FACT SHEET

CONTACT: Bobby Ellis, Public Relations
704-305-7161, april98@live.unc.edu

Date: Feb. 14, 2018

WORST INFLUENZA (FLU) SEASON IN 10 YEARS HITS NORTH CAROLINA

What are the North Carolina statistics?

- The geographic spread of the flu is now widespread throughout North Carolina
- Seven times as many patients have tested positive for flu compared to last year's flu season
- 6,797 total positive flu results from the start of the flu season in October
- 1,543 positive flu results last week alone in hospital facilities from Jan. 28, 2018 – Feb. 3, 2018
- 10 times as many people have been seen in outpatient facilities for flu and flu-like symptoms
- More than five times as many deaths than last season
- 140 total deaths from Oct. 1, 2017 – Feb. 3, 2018
- 108 of the 140 deaths occurred within the past 30 days
- 64 pediatric deaths nationwide, six of which occurred in North Carolina

Who is at highest risk for the flu?

- Adults 65 years of age and older
- Children 5 years of age and younger
- Pregnant and post-partum women
- People with certain medical conditions such as heart or lung disease and those with suppressed immune systems due to malignancy, steroid use or chemotherapy

How do prevent yourself from getting the flu?

- Get the flu vaccine if 6 months of age and older
 - It is not too late!
 - Flu season continues through the month of May
- Regular hand washing with soap and water or hand sanitizer

What are the symptoms of the flu?

- Fever of 100 degrees or higher
- Cough, typically dry
- Headache
- Nausea, vomiting, or diarrhea
- Runny or stuffy nose
- Muscle and joint pain
- Severe fatigue

How can you avoid spreading the flu to others throughout the flu season?

- Stay at home when sick or feverish
- Cover your mouth and nose when coughing or sneezing, preferably with tissues and disposing of them.
- Frequent hand washing and avoid touching one's eyes, nose or mouth
- If experience symptoms go to your doctor, nearest clinic, urgent care or health care facility
 - The flu can be treated with antiviral drugs if sought early, ideally within 48 hours of symptoms

Where can I get more information about the flu?

- Call 919-445-8555

GET YOUR FLU SHOT TODAY!

Data obtained from N.C. Department of Health and Human Services/Influenza (Flu) www.flu.nc.gov