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## **FOR IMMEDIATE RELEASE**

**Tuesday, January 31, 2012, Peterborough**

# **Health Unit Reports Peterborough's First Case of Seasonal Influenza**

The Peterborough County-City Health Unit reported the first local case of seasonal influenza today.

"With this first lab-confirmed case of influenza A, we now know that seasonal influenza is circulating in our local population," said Dr. Rosana Pellizzari, Medical Officer of Health. "Usually there are more cases of influenza in the community than are reported by the lab so we strongly encourage residents to get their flu shot to protect themselves and others – it's not too late."

Vaccine is available at physician offices or by appointment at the Health Unit.

Dr. Pellizzari advised that in addition to getting the flu shot people take the following precautions to reduce the spread of infection:

- Stay home if feeling unwell
- Wash your hands frequently
- Clean and sanitize commonly-used surfaces frequently
- Cough or sneeze into your sleeve or tissue and washing hands afterwards

The flu shot is recommended for everyone over 6 months of age. It is especially important for people with a weakened immune system, pregnant women, young children, the elderly and anyone who takes care of people in these groups.

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### **For further information, please contact:**

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**NEWS RELEASE**