

NEWS RELEASE



For more information, contact:
Shameka Lloyd
252 535-8743
slloyd@halifaxrmc.org

For Immediate Release

Halifax Regional Promotes Prevention during Cold and Flu Season

ROANOKE RAPIDS, NC (January 7, 2013)— Influenza activity continues to increase across the country. As high levels of influenza-like-illness are occurring, Halifax Regional wants to promote precaution and prevention to help protect people from respiratory illnesses. With the recent spike in Emergency Care visits by patients showing severe cold and flu like symptoms, it's important to take proactive steps to avoid colds and flu.

There are no known cures for colds and flu, so cold and flu prevention should be your goal. A proactive approach to warding off colds and flu is apt to make your whole life healthier. The flu shot remains the most effective way to prevent the flu.

Though both the flu and the common cold are respiratory illnesses, they are caused by different viruses. Cold and flu both have similar flu-like symptoms, making it difficult to tell them apart based on symptoms alone. Flu symptoms include: fever, muscle or body aches, extreme tiredness, cough, and sore throat are more common and intense. Colds are usually milder than the flu and less likely to run fever (temperature greater than 100.5). People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in more serious health problems.

Vaccination is the best protection from influenza. There are other preventative tips to protect you and your family from influenza and the common cold that include:

- Wash hands often. Most cold and flu viruses are spread by direct contact
- Do not touch your face. Germs from your hands can enter the body by touching your eyes, nose or mouth
- Covering the mouth when coughing and sneezing Cough into your elbow instead of using your hands
- Clean doorknobs, bathrooms and children's toys with disinfecting cleaner often
- Stay home if you are feeling sick and do not visit the hospital, nursing facilities, or others for about ten days after onset of symptoms.

For more information about the flu and the difference between a cold and the flu, visit www.cdc.gov/flu.

###

About Halifax Regional

Halifax Regional Medical Center is licensed for 204 beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit www.halifaxregional.org.