

# NEWS RELEASE



For more information,  
contact:  
Gail Wade  
252 535-8111  
gwade@halifaxrmc.org

**For Immediate Release**

## **WHAT TO DO ABOUT THE FLU?**

*Halifax Regional Has Answers*

**ROANOKE RAPIDS, NC (September 24, 2009)—Officials at Halifax Regional want to prevent a severe flu season in the Roanoke Valley.**

The flu season is here, and with the H1N1 strain, it could be a severe season, says Susan Bullock, R.N., infection control nurse.

“Proper hand hygiene is important for everyone because flu viruses spread mainly from person to person by coughing and/or sneezing,” Bullock continued. “Sometimes you may catch the flu by touching something that has been infected with the virus and then you touch your nose or mouth.” The Medical Center has placed hand sanitizers at the main, outpatient and the Emergency Care Center entrances.

Halifax Regional recommends anyone with flu symptoms stay home and avoid contact with others as much as possible. Symptoms are similar for H1N1 and the seasonal flu. They include fever, cough, sore throat, body aches, chills, fatigue, running or stuffy nose, headache, diarrhea and vomiting. “Most people will recover from the flu in about a week without any lasting effects,” Bullock said.

If you are sick, contact your medical provider before seeking care in person. “If you are at risk of complications or concerned about your illness, call your medical provider,” said Bullock.

If you must leave home, you should cover your mouth and nose when coughing or sneezing. Stay away from work, school or community activities for 24 hours after your fever has returned to normal without medication.

You should come to the Emergency Care Center if you have the following conditions: difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, flu-symptoms that improve and then return with fever and more severe cough.

“Our emergency room gives priority to people with true medical emergencies. More patients with mild cases of the flu increase the wait time for everyone,” Bullock explained. “Unless you are very sick, you probably do not need to come to the emergency room.”

The best way to prevent flu is to be vaccinated. You need to get your regular seasonal flu shot and the H1N1 vaccine when it is available.

For more information, visit [www.cdc.gov](http://www.cdc.gov). A downloadable brochure has been posted on Halifax Regional’s web site, [www.halifaxregional.us](http://www.halifaxregional.us).

###

### **About Halifax Regional**

*Halifax Regional Medical Center is licensed for 206-beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit [www.halifaxregional.us](http://www.halifaxregional.us).*