



MEDIA RELEASE

Information **Advisory** **Warning** **Update**

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Health Department Recommending Prevention Measures as Seasonal Illnesses Rise

The St. Clair County Health Department (SCCHD) is letting residents know that seasonal illnesses, including flu, respiratory syncytial virus (RSV), COVID-19 and norovirus (viral gastroenteritis) cases are increasing throughout the county and how prevention measures can help reduce the risk of further spread.

Prevention measures include:

- Staying home when sick; or until fever free for 24 hours without the use of medication.
- Practicing good respiratory etiquette. Washing your hands regularly and properly; covering your cough and sneezes; and throwing your tissues in the trash after use.
- Getting plenty of rest.
- Staying hydrated and eating healthy foods.
- Cleaning and disinfecting frequently touched surfaces.
- Increasing airflow indoors.
- Talking to your healthcare provider about recommended vaccinations for you and your family.

Amy Bishop, Director of Nursing at the Health Department shared, "*Illnesses like flu, RSV, COVID-19 and norovirus tend to peak during the winter months due to colder weather and increased indoor gatherings.*" Bishop also expressed, "*Taking simple yet effective preventative measures can significantly reduce the risk of illness and help keep you and your family healthy.*" Lastly, Bishop emphasized, "*It's important to take symptoms seriously, and report them to your doctor if they're severe or they last for more than a few days.*"

To learn more about the health department visit www.scchealth.co or follow us on social media @scchdmi.

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