



2018-2019 INFLUENZA SEASON REPORT

Flu Symptoms

Fever or feeling feverish/ chilled

Cough

Sore Throat

Runny Nose

Muscle or Body Aches

Headaches

Fatigue

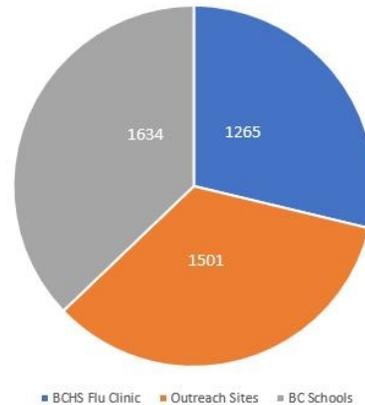
How to Prevent the Spread of Flu:

- **Get Vaccinated**
- **Avoid Close Contact** with people who are sick
- **Stay Home** When You are Sick
- **Cover Your Mouth and Nose** when coughing or sneezing
- **Wash Your Hands**
- **Avoid Touching** Your Eyes, Nose, and Mouth
- **Practice Other Good Health Habits**, like getting plenty of sleep, remaining physically active, and eating well.

The 2018-2019 flu season (October – May) was relatively average in Brunswick County, with the peak of flu transmission occurring in January and February. Three Brunswick County residents died from flu-related illnesses. In comparison, there were 208 deaths in North Carolina during this flu season. All three of the deceased were elderly and had other health-related complications that contributed to their deaths.

Also, during the peak period, one flu outbreak occurred at a care facility. Brunswick County Health Services Communicable Disease nurses put control measures into place to prevent additional cases from occurring.

Number of Vaccines Administered



FLU CLINIC

The BCHS Flu Clinic began on October 1 in the Board Room where a total of 1265 flu vaccinations were given through April of 2019. Staff also administered 1501 flu vaccines at 23 outreach sites and 1634 flu vaccines at all 19 Brunswick County schools. With the total effort, 4400 vaccines were administered, the most since 2014.

BRUNSWICK COUNTY FLU DEATHS AS COMPARED TO NORTH CAROLINA (INCIDENCE RATE PER 100,000)

