



# COUNTY OF SAN DIEGO

# NEWS RELEASE

FOR IMMEDIATE PUBLICATION

Nov. 24, 2004

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## **COUNTY OFFERS TIPS FOR STAYING HEALTHY DURING THANKSGIVING**

*Cover Your Cough, Wash Hands, Stay Home if Ill to Prevent Spread of Colds and Flu*

The San Diego County Health and Human Services Agency (HHSA) encourages Thanksgiving holiday revelers to take steps to prevent the spread of flu and other infectious respiratory conditions this year.

“People are getting together with family and friends to enjoy the holidays, and they can make the time even more enjoyable by doing what they can to keep colds and flu under control this season,” said Nancy Bowen, M.D., San Diego County Public Health Officer.

- “Cover Your Cough” is a slogan to remember, Dr. Bowen said. The tiny droplets expelled during coughing and sneezing can infect someone else. It’s best to cover coughs and sneezes with a tissue, or with a shirt sleeve if a tissue is not available.
- Frequent hand washing is another way to prevent the spread of colds and flu. Wash hands for 20 seconds under warm water, and if soap and water are not available, use antibacterial wipes or gels.
- Avoid touching eyes, nose and mouth with hands.
- Avoid close contact with those who are ill. Conversely, those who have a cold or flu should not mingle with others. Flu typically lasts a week to 10 days.

This year so far, six positive tests have been reported to HHSA’s Public Health Services, with one death due to pneumonia with flu as an underlying cause reported.

“We cannot tell from those numbers whether this means a severe flu season,” Dr. Bowen said. “We do continue our regular practice of monitoring hospital emergency departments and percentage of students absent from school for any reason.”

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