Flu SEASON IN HILLSBOROUGH COUNTY

Influenza & influenza-like illness (ILI) activity summary

Contact:
Kevin Watler
kevin.watler@flhealth.gov
o: (813) 307-8044
c: (813) 298-2024

Tampa, Fla. – The latest influenza (flu) report for Hillsborough County shows influenza and influenza-like illness activity increasing. So far, there has been no pediatric mortalities in the current flu season in Hillsborough County.

Flu can be a serious disease, even for healthy people. Everyone 6 months and older should get a yearly flu vaccine. Vaccination is especially important for protecting people at high risk of serious flu complications, including:
  • young children
  • pregnant women
  • adults 65 years and older
  • anyone with chronic health conditions like asthma, diabetes, or heart disease.

Even though it is late in the flu season, it’s not too late to get your flu vaccine. The Florida Department of Health in Hillsborough County urges those who have not yet been vaccinated for the 2018-19 season to get it as soon as possible. The flu shot is the best way to prevent or reduce the severity of the flu.

In addition to getting vaccinated, take everyday precautions to prevent the spread of influenza and other respiratory viruses:

• Wash your hands often with soap and water (if soap is not available, use an alcohol-based sanitizer)
• Avoid touching your eyes, nose, and mouth
• If you do get sick, stay home until fever-free for at least 24 hours (without the use of fever-reducing medication)
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The department, nationally accredited by the Public Health Accreditation Board, works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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