

UTAH - WEEKLY INFLUENZA TEXT SUMMARY

Influenza Activity in Utah:

Active surveillance has ended in Utah for the 2006-2007 influenza season. This is the final web posting for this season. Overall, this has been a mild influenza season.

As of 05/23/2007, one pediatric influenza-associated death has been reported in Utah for the current season.

National influenza surveillance data can be found at www.cdc.gov/flu. Please note, states determine for themselves how to estimate weekly influenza activity. The classification system used in Utah primarily serves to provide a geographical description of how influenza is circulating in the state and not season severity.

INFLUENZA PREVENTION

How to protect yourself and others:

1. Utahns should get an influenza vaccine.
 - **Contact your provider or the Immunization Hotline (1-800-275-0659) to locate an influenza shot
2. All Utahns should practice "respiratory etiquette" to reduce the spread of respiratory diseases.
 - ** Stay away from other people when you are sick
 - ** Cover your mouth and nose with a disposable tissue when you cough or sneeze. Throw the tissue away
 - ** Wash your hands.
3. We urge schools and employers to be supportive of these preventive measures.

