



State of North Carolina
Department of Health and Human Services

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FLU BULLETIN: Flu cases declining in N.C.

RALEIGH –The number of North Carolinians with flu or flu-like illness has dropped for the third week in a row, according to the state's latest flu surveillance report. However, flu remains widespread in the state.

Influenza cases in North Carolina appear to have peaked in late February and have been steadily declining over the past three weeks.

The state monitors influenza-like illness during the flu season. Influenza-like illness is a temperature of 100 degrees or greater and cough or sore throat. Seventy-six health care providers statewide report the number of people they are seeing with these symptoms weekly. Based on those reports, public health experts determine how the flu is progressing across the North Carolina.

The latest report is for the week ending March 19. To date, health care providers have reported that 1.7 percent of patients seen that week had influenza-like illness, down from 2.69 percent in the week ending March 8 and 4.21 percent in the week before that. The season high was 5.86 percent in the week ending Feb. 23.

Although the flu season appears to be on the decline, public health officials are still urging people to follow these simple tips for preventing spread of the flu:

- Wash your hands, wash your hands, and wash your hands.
- Cover your coughs and sneezes.
- If you have flu symptoms, seek medical care. There are prescription drugs that can relieve flu symptoms.
- If you are sick, stay home.

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