

5 healthy habits to get you through cold and flu season

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We may be in the thick of cold and flu season, but there are some proven ways you can help stop the spread of germs and prevent respiratory illnesses.

Influenza viruses — also known as the flu — are spread from person to person, through coughing or sneezing by those who already have it. The symptoms may include fever, cough, sore throat, body aches, headache, chills and fatigue. Most people infected with influenza will have a mild illness that lasts three to five days.

According to [the Centers for Disease Control and Prevention](#), the single best way to prevent seasonal flu is to get vaccinated each year, but the CDC also recommends taking these daily precautions:



Avoid

close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick.

Stay home from work and school and try to avoid errands when you are sick. This will help prevent spreading the illness to others.

“Students and staff with influenza symptoms including a fever, a cough or sore throat should stay home and not attend classes or participate in other group activities for at least 24 hours after the fever resolves without the use of fever-reducing medications,” says Pamela Kahn, OCDE’s coordinator of Health and Wellness.

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by coughing, sneezing or unclean hands.

Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

Coronavirus update: Case is confirmed in OC, but transmission risk is considered low

January 27, 2020

The Orange County Health Care Agency has issued an update on the novel coronavirus outbreak that originated in China.

The agency [confirmed over the weekend](#) that a man in his 50s had tested positive for the virus in Orange County after traveling to Wuhan, China. There is no evidence that person-to-person transmission has occurred within the county, and HCA officials say the risk of infection to the public is believed to be low.



Similar guidance from the national Centers for Disease Control and Prevention indicates that people who have casual contact with a case — examples include being in the same grocery store or movie theater — are at minimal risk of developing infection.

Meanwhile, there are [proven ways to stop the spread of germs and prevent respiratory illnesses](#), including influenza.

The HCA said it provided guidance to the traveler upon his arrival to reduce exposure to the public while they awaited lab results from the CDC. The man is currently in good condition at a local hospital, where he is being treated in isolation.

The first known cases of 2019-nCoV — short for “2019 novel coronavirus” — were reported in December in the Chinese city of Wuhan.

Coronaviruses are a large family of viruses that cause respiratory illness ranging from the common cold to more severe diseases such as MERS. A novel coronavirus — often shown as “nCoV” — is a new strain that has not been previously identified in humans.

In consultation with the CDC and the California Department of Public Health, the HCA said it was following up directly with all individuals who have had close contact with the case and are at risk of infection.

We’ll continue to post as we hear more. For the latest updates, visit www.ohealthinfo.com.

Novel Coronavirus

- Orange County has one confirmed case of novel coronavirus
- No evidence that person-to-person transmission has occurred in Orange County
- Risk of infection to public in Orange County is believed to be low

The one case identified in Orange County, a male in his 50's, is a traveler from Wuhan, China. The Health Care Agency (HCA) provided guidance to the traveler upon arrival in order to reduce exposure to the public while awaiting laboratory testing to confirm novel coronavirus. This individual is currently being treated at a local hospital and is in isolation in good condition.

In consultation with the Centers for Disease Control and Prevention (CDC) and the California Department of Public Health (CDPH), the HCA is following up directly with all individuals who have had close contact with the case and are at risk of infection and will be monitoring contacts and assure that proper evaluation and care is provided if they become ill.

Some key points include:

- CDC guidance indicates that people who have casual contact with a case (in the same grocery store or movie theater) are at minimal risk of developing infection.
- If you have not been to Wuhan, China, or been in close contact with someone who has been to Wuhan and is sick, your risk is very low.
- If you have recently been to Wuhan, China and feel sick, please
 - Stay home and avoid contact with others, except for seeking medical care.
 - Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
 - Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.

For the most updated information on this outbreak please visit the CDC Novel Coronavirus Information under the Resources listed below.

Latest News

- [CD Health Alert - First Case of 2019 Novel Coronavirus in Orange County: Update for Providers](#)
- [CDPH Press Release - Two Confirmed Cases of Novel Coronavirus in California \(1/26/20\)](#)
- [HCA Press Release - OC Health Care Agency Confirms First Case of Novel Coronavirus in Orange County, California \(1/25/20\)](#)
- [CD Health Alert - 2019 Novel Coronavirus: Update for Orange County \(1/23/20\)](#)
- [CDC Health Update - Update and Interim Guidance on Outbreak of 2019 Novel Coronavirus \(2019-nCoV\) in Wuhan, China \(1/17/20\)](#)