



Macon County  
Public Health

Kathy McGaha, MHS,  
Public Information Officer,  
1830 Lakeside Drive  
Franklin, NC 28734  
Voice: 828-349-2475  
kmcgaha@maconnc.org

## Press Release

Macon County Public Health (MCPH) has confirmed an outbreak of influenza (flu) in a Macon County. Currently, 3 individuals have tested positive for influenza at Fidelia-Eckerd Living Center (FELC). MCPH and FELC are working together to contain the spread of influenza.

NC DHHS reported last week that more than 952 North Carolinians tested positive for the virus. The current flu activity is widespread throughout the state.

We understand that the Novel Coronavirus, now known as COVID-19, is causing anxiety in our community. We encourage Macon County residents to follow the recommendations of their healthcare provider, the local health department, the state health department, and Centers for Disease Control and Prevention (CDC). This is the time of year when we see the most cases of respiratory illnesses like the flu. You can follow these recommendations to keep you and your family healthy:

- Take time to get a flu vaccine. The flu vaccine is still available at Macon County Public Health. Please call 828-349-2081 to make an appointment.
- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs.

For more recommendations on how to protect you and your family from the flu, please visit: <https://www.cdc.gov/flu/>

For more information on COVID-19, please visit our partners at: <https://www.cdc.gov/coronavirus/2019-ncov/> or <https://www.ncdhhs.gov/covid-19>.

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