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Flu Widespread in Arizona

The flu has arrived yet again in Arizona, and the epidemic is statewide. After a quiet winter, the beginning of spring finds influenza in 14 of the 15 counties. Fortunately, an annual flu shot is a good match for the virus. That means if you haven't been vaccinated and haven't yet been sick, the flu shot can still offer you protection.

“This late in the season, it's important to stick to good public health advice – stay home if you're sick, keep your kids home when they're sick, cover your cough and WASH YOUR HANDS,” said Will Humble, ADHS Director. “It's amazing how these simple actions work to fight off all kinds of germs and disease.”

Influenza is unpredictable. Arizona typically sees most of its flu cases in February or March, but it has been known to rear its ugly head either earlier or later in the season. This year flu reports started late, but have been steadily increasing over the past few weeks. Approximately 30% (338) of all the cases (1,159) we've had this season were reported last week. However, because many people do not go to the doctor when they have the flu, those figures are likely just a fraction of the true number of cases.

Arizona is not alone in the late uptick of influenza this year. Fifteen other states reported widespread activity last week. The official Centers for Disease Control and Prevention [influenza season](#) begins in October and carries through the following September.

A list of flu shot providers is available at www.azdhs.gov/flu or by calling Community Information and Referral at (602) 236-8856 or (800) 352-3792. For more information about influenza, go to www.azdhs.gov/flu or contact your health care provider or local health department.

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