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## **Riverside County Hospital Emergency Departments See Increase in Seasonal Illness Visits**

People seeking care in emergency departments in Riverside County are experiencing longer waits to see a doctor. These longer waits are due largely to an increase in the number of people with influenza, respiratory conditions or other viral illnesses.

“The increase in influenza cases or other respiratory illnesses is not uncommon at this time of year,” said David Herfindahl, M.D., Deputy Public Health Officer for Riverside County. “We encourage residents to practice basic precautionary measures and contact their personal physician or regular health care provider if symptoms continue or worsen.”

Typical flu-like symptoms include headaches, tiredness, high fever, coughing, sore throat, runny or stuffy nose, body aches, diarrhea and vomiting.

People can reduce the spread of illness by washing hands frequently; avoiding close contact with people who are sick; and by not sharing eating utensils, drinking glasses or other personal items. To limit the spread of illness to others, people should cover their mouth and nose when they cough or sneeze and stay home if they are feeling sick.

Residents who have not yet received their seasonal flu shot can still do so by contacting their health care provider. For additional information on influenza or where to obtain flu shots, visit the Riverside County Department of Public Health website at <http://www.rivco-familycarecenters.org/flu.htm> .