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Press Release
Morris County Office of Health Management
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Morris County public health officials continue to identify influenza-like illness in residents in the county.

Actively identifying sick people and having them stay home and away from well people is the most effective way to slow the spread of the flu. New Jersey is reporting geographically widespread influenza-like illness throughout the state. "It is in the community and will spread person to person. To slow the spread we need to keep sick people home, wash hands frequently and thoroughly as well as cover coughs and sneeze. These are the actions people can take to prevent getting sick," said Pete Summers, Health Officer Morris County Office of Health Management.

Currently, Morris County is sending representative samples to the NJ State Public Health Laboratory. Samples were sent earlier this week and results are not expected for two to three days. "It is important to understand that not all flu like illness is attributable to H1N1. There is still residual seasonal flu circulating in the community," said Dr. Namitha Narayan, Morris County Epidemiologist. We are waiting confirmation of samples as they may be negative for H1N1.

If you are experiencing flu like illness – symptoms include fever (100° or higher), cough, sore throat, please contact your health care provider for medical guidance. There are medications which can be prescribed which may reduce the severity and duration of illness. If you have any underlying illness or chronic medical condition please contact your health care provider when symptoms develop.