



## Langlade County Health Department

Langlade County Health Service Center  
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**Public Health**  
Prevent. Promote. Protect.  
Langlade County Health Department

News Release

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### FOR IMMEDIATE RELEASE

#### Healthy Holidays to You

*Prevent Viruses this Holiday Season*

The holiday season is here and is usually filled with lights, music, food, and family and friend gatherings. These gatherings are enjoyed by many, the Langlade County Health Department wants to remind everyone that it's also virus season. Don't let viruses like RSV, flu, or stomach viruses such as norovirus put a damper on your holiday celebrations. "As we gather to celebrate the holidays, it is important to remember the importance of good hygiene practices to keep everyone healthy," says Karen Marten, RN, BSN, Public Health Nurse, Langlade County Health Department.

RSV is a large cause of respiratory illness in all age groups, and especially affects infants, young children, and older adults. These age groups can get serious complications if they get sick with RSV. Respiratory illnesses are usually spread from person to person when an infected person breathes, speaks, sings, coughs, or sneezes. This year, there are new RSV immunizations available for certain groups of people.

Norovirus, often called the "stomach flu," is the leading cause of vomiting and diarrhea in the United States. Other symptoms include fever, chills, aches, and tiredness. It spreads quickly and easily by having direct contact with someone with norovirus, eating or drinking food or water contaminated with norovirus or by touching surfaces or objects contaminated with norovirus.

The following tips will be helpful for a healthy holiday season:

- Wash your hands with soap and water for at least 20 seconds frequently.
- Cover your mouth and nose when coughing or sneezing.
- Avoid touching your face (especially mouth, nose and eyes).
- Avoid gatherings if you are not feeling well.
- Get a flu vaccine if you have not already done so.
- Disinfect objects such as doorknobs and countertops frequently.
- Practice good food safety.
  - o Keep raw meat and eggs separate from other foods that are ready-to-eat.



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- Use a food thermometer to make sure food is cooked properly.
- Wash hands before, during and after preparing food.
- Refrigerate leftovers within 2 hours.

The Langlade County Health Department wishes everyone a happy and healthy holiday season.

###END###