



## Langlade County Health Department

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

News Release

Date: November 16, 2022  
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### **Respiratory sicknesses on the rise- protect yourself and those around you**

As Wisconsin sees an increase in respiratory sicknesses, the Langlade County Health Department is reminding everyone of steps to take to stay healthy. Across Wisconsin RSV and flu activity is unusually high for this time of year. This season has the potential to be severe, especially for young children and older adults.

“As we head into the holiday season, it is important to take steps to protect yourself and those around you from respiratory sicknesses,” says Meghan Williams, Health Officer, Langlade County Health Department.

In addition to getting all recommended vaccines, you should take additional steps when planning holiday celebrations because respiratory illnesses spread more easily when people are gathered indoors.

- Stay home when sick.
- Wash hands for at least 20 seconds with soap and water frequently.
- Avoid touching your face (especially mouth, nose, and eyes).
- Cover your mouth and nose when you are coughing or sneezing.
- Disinfect objects, toys and surfaces regularly.

According to the Wisconsin Department of Health Services, 27% of Langlade County residents have received their flu vaccine. It is not too late to get your vaccine. If you still need your flu vaccine, contact your health care provider or the Langlade County Health Department at 715-627-6250.

For more information about respiratory viruses visit:  
<https://www.dhs.wisconsin.gov/disease/respiratory.htm>. For more information about Langlade County Health Department’s programs and services visit  
<https://www.co.langlade.wi.us/departments/health-department/>

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