



BRISTOL BAY AREA HEALTH CORPORATION

Media Contact:

Cynthia Rogers, Public Information Officer
BBAHC Public Relations/Community Engagement
907-842-9267
crogers@bbahc.org

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INCREASE IN CASES OF RESPIRATORY ILLNESS

DILLINGHAM, ALASKA – The Bristol Bay Area Health Corporation is reporting an increasing number of cases of respiratory illness in the region, including influenza and RSV (respiratory syncytial virus). RSV in particular is highly contagious and may be spread easily. Infants, young children and the elderly are at higher risk for developing serious illness from these viruses and should take extra precautions to protect themselves, such as avoiding close contact with large groups and receiving a yearly flu shot. Other precautions everyone can take include:

- Washing your hands often
- Covering your coughs and sneezes
- Avoiding close contact with sick people
- Avoiding touching your face with unwashed hands
- Staying at home when you are sick

BBAHC and other local partners are sponsoring a Flu Clinic today from 2:00 pm to 6:00 pm at Dillingham City Hall. The event is free and influenza immunizations are available for anyone 6 months or older. Those age 65 and older may receive a high dose flu shot. COVID boosters are also available upon request. If you are unable to attend, call our Outpatient Clinic at (907) 842-9688 to receive an appointment for your immunization (charges may apply).

Anyone experiencing serious symptoms such as difficulty breathing, should seek medical attention immediately. If your symptoms are mild to moderate, it is best to manage symptoms while remaining at home. Check with your employer and child's school for guidelines on when to return after an illness. General guidance is not to return until fever free for 24 hours without the use of acetaminophen or ibuprofen AND your symptoms are improving. Thank you for doing your part to keep yourself and your loved ones healthy during respiratory illness season.

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Our Mission: We provide quality healthcare with competence, compassion, and sensitivity.
For more information, please go to www.bbahc.org.