



Turnure Medical Group Shares Tips To Prevent Flu Spread

February 11, 2020

February 11, 2020 - PRESSADVANTAGE -

Rocklin, California, based Turnure Medical Group, Inc. is reaching out to the community to offer advice on the best ways to prevent the spread of the flu. They hope this information will help people in their community avoid contracting both the coronavirus and the common flu.

The hottest topic on epidemics for the past few weeks has been the novel coronavirus (nCoV). The news is tracking its quick spread across Asia and advance into western countries. Turnure Medical Group states that coronavirus should not be a big concern for US residents. This is because there is another serious virus sweeping through the country. The Centers for Disease Control and Prevention estimates that 19 million people have contracted the flu so far this season. This is an impressive number for a season that began in October. In comparison, there are only 7,700 confirmed cases of nCoV worldwide, with only 11 confirmed cases in the US. More information on this is available here: <https://www.nytimes.com/2020/01/29/world/asia/coronavirus-china.html>.

Dr. Raymond Turnure of Turnure Medical Group said, "The flu season in the US had the earliest beginning of the past decade this year, having already claimed several lives. The number of deaths continues growing

with each passing week. The Centers for Disease Control and Prevention announced that almost every state is reporting high influenza activity and while hospitalizations are not high at this point in the season, several signs show this number will continue increasing as the season progresses. Children are the ones most affected.?

Turnure shared several measures to help prevent your family from contracting the flu. While flu shots are the most used prevention method for influenza, this year's flu shot isn't an exact match for the most common circulating virus strain. While the flu shot does not offer 100 percent effectiveness, it is still a method worth using because it will offer some protection against various types of influenza. The vaccine will minimize the duration of the disease and ease its symptoms for the strains of the flu against which it is not very effective when complemented by other pre-emptive measures.

One measure recommended for the most vulnerable individuals, such as children between the ages of 6 months and 8 years, is to receive two doses of the vaccine. The child's pediatrician must determine whether they need a second dose for the best protection against the flu.

Turnure also said, "Aside from vaccinating, the best way to prevent the flu is to have good hygiene. Washing hands often and well will decrease the chances of being infected. Avoid touching your face too much until the season passes, as this is one of the most common ways people get infected. Face masks are ineffective for preventing infection, though any person who suspects they have the flu should get one, as this plays a significant role in preventing the spread of the flu." Given the means of transmission of the nCoV, these pre-emptive measures should also be effective in avoiding contagion.

Turnure Medical Group remarks that all persons considering international travel should look into travel medicine. This is the best way to prevent infection from foreign parasites, diseases, and other conditions. Turnure said, "All patients receive a thorough consultation with a physician. Specific travel plans are discussed and the patient receives recommendations and advice to address their specific needs. All the questions a patient has about staying healthy while travelling are answered, and all of the vaccines necessary to travel safely are provided. Many of these take a couple of weeks before they are in full effect, so it is advisable to plan accordingly."

Those in need of this year's flu shot in Rocklin, California, can visit the Turnure Medical Group offices. More information on the clinic's healthcare services and insurance coverage is available on their website. Reviews from patients of the Rocklin clinic can be read here: <https://www.yelp.com/biz/turnure-medical-group-urgent-care-rocklin-4>.

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Turnure Medical Group, Inc.

Established in 2000 by Dr. Raymond Turnure, Turnure Medical Group is a multi-specialty medical group comprised of physicians that are Board Certified in Family & Pediatric Medicine, Internal Medicine, Emergency Medicine, Obesity Medicine and Urology.

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