FOR IMMEDIATE RELEASE

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Williamson County and Cities Health District Calls for Action to Fight the Flu

With influenza season around the corner, Williamson County and Cities Health District is reminding the public that the flu can be a serious health concern for older people, young children, pregnant women, and people with ongoing illnesses like diabetes, or kidney, heart, or lung disease.

While most healthy people recover from the flu, it can be passed to others around you who might not be so lucky. Every year, influenza sickens hundreds of thousands of people, sending them to the hospital. A record number of US patients died from flu last season, with 80,000 deaths recorded in 2017-18 according to the CDC.

Even though handwashing and avoiding sick people are good habits, it is not enough to prevent the flu. Flu germs spread through the air when people with flu cough, sneeze, or talk. You can make others sick a day before you start to feel sick, and up to a week after you become sick.

It’s not possible to predict what this flu season will be like – the best protection for yourself and those around you is to get a flu shot. Now is the best time to get the shot for protection throughout the entire flu season, which usually peaks in January and can last until May. “Getting the flu vaccine reduces the probability and severity of infection and the probability of transmitting the virus to others,” says Dr. Lori Palazzo, Medical Director and Health Authority for the Williamson County and Cities Health District.

Free flu shots are available for uninsured Williamson County residents six months of age or older and all TVFC-eligible, CHIP Medicaid recipients (please bring shot records). No one will be denied services if they are unable to pay. Appointments are needed - please visit your public health department website at www.wcchd.org or call 512-248-3252.

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