

MHS HEALTH CLINIC UPDATE

It's that time again...the Flu and other illness are popping up!!

The Texas Department of State Health Services has a few things to say about the Flu:



As Flu Season Returns, so Does the Need for Flu Vaccine

Everyone 6 months old and older should get vaccinated. People age 65 and older, pregnant women, young children and those with chronic health conditions such as asthma, diabetes, heart disease, lung disease or kidney and liver disorders are more susceptible to serious influenza complications, so flu vaccine is especially important for them.

Influenza is an illness caused by one of a number of related viruses. **Symptoms usually start abruptly and include fever, body aches, chills, a dry cough, sore throat, runny nose, headaches and extreme fatigue and can last a week or longer.**

While getting vaccinated is the **BEST** way to prevent the flu, people should also...

- Wash their hands frequently or use alcohol-based hand sanitizers.
- Cover coughs and sneezes with a tissue or their arm or sleeve.
- Avoid touching their eyes, nose or mouth.
- Keep a distance from people who are sick
- Stay home if sick.

People can contact their health care provider, local health department or local pharmacy or dial 2-1-1 to find out where flu shots are available.

Flu information and tips for protecting against the flu are at **texasflu.org**