

FOR IMMEDIATE RELEASE

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Flu Shots for the Holiday Season

EAU CLAIRE, December 4, 2015 – Have you gotten your flu vaccine this season? If not, now's the time. Wisconsin has recorded its first few cases of influenza-related hospitalizations. Although those cases have been in the southern part of the state, it is now clear that influenza is in Wisconsin.

“Flu season typically peaks between December and February,” states Kay Bogumill, Public Health Nurse at the Eau Claire City-County Health Department. “People who have not yet been vaccinated this season are encouraged to get vaccinated now. It can take up to 2 weeks for the flu shot to provide full protection. We want to see everyone enjoy the holidays with family and friends without sharing influenza.”

For millions of people every season, the flu can mean a fever, cough, sore throat, runny or stuffy nose, muscle aches, fatigue, and miserable days spent in bed. Influenza is among the most common respiratory illnesses in the United States, infecting millions of people every flu season. Every year, flu spreads across the country, from person to person, among families and communities. The severity of flu illness can vary from mild to severe.

An annual flu vaccination is the best way to prevent the flu as well as flu-related complications that could lead to severe illness, hospitalization and even death. Flu vaccination can reduce flu illnesses, doctors' visits, missed work and school. Health experts across the country recommend that everyone 6 months and older get a flu vaccine.

Flu vaccines are offered in many locations, including the health department, doctor's offices, clinics, pharmacies and college health centers. So next time you see a sign that says, “Get Your Flu Vaccine Here,” stop in and get one and encourage your friends and family to do the same.

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