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### FOR IMMEDIATE RELEASE

It's not too late to get a Flu Vaccine  
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'Tis the season to be vaccinated. Holiday get togethers are increasing and so are the chances that you will come in contact with the virus that causes the flu. A common myth about the flu is that it is a “stomach bug”. The fact is that Influenza will usually present itself as a severe respiratory illness and will come on very suddenly.

Symptoms of the flu can be like those of a cold, allergies and COVID-19.  
They include:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults

“We encourage people who are experiencing flu-like symptoms to contact their healthcare provider to be tested and if needed receive treatment.” states Pam Priest, Clinical Manager at the Taney County Health Department.

Flu viruses spread mainly from person to person through droplets from someone infected with the flu. When a person with the flu coughs, sneezes or talks, these droplets are released into the air and can be picked up by a person who doesn't have the flu and can then make them sick. A person with the flu virus can be contagious before they show any signs of the flu. This is why the Taney County Health Department encourages you to get your flu shot, wash your hands, cover your sneeze and cough, and stay home if you are sick.

If you need more information or would like to schedule an appointment for a flu shot, please call 417-334-4544 ext 590 or 417-546-4725 ext.690.

For more information contact the Taney County Health Department at 417-334-4544, visit our website at [www.taneycohealth.org](http://www.taneycohealth.org), or like our FaceBook, Instagram and Pinterest pages.

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The Taney County Health Department envisions a community of healthy people. Every day, we work to achieve this vision through leadership, collaboration, education and service. We value integrity, learning, teamwork, positive communication, quality improvement and dedicated service. Please visit our website <http://www.taneycohealth.org> to learn more about our services.

