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**FOR IMMEDIATE RELEASE**  
Flu Cases on the Rise in Taney County  
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The Taney County Health Department (TCHD) has seen an increase in flu cases over the past two weeks. A total of 129 cases of flu were reported from February 1 to March 7, 85 of those cases were reported between February 21 and March 7. The annual flu season runs from October to April.

TCHD promotes prevention as the best way to protect yourself from severe effects of the flu. Vaccination is recommended for everyone over six months of age but is particularly important for those who are at higher risk of severe illness, including pregnant women, the elderly, or people with certain underlying medical conditions.

“It is not too late to get a flu shot.” states Pam Priest Clinical Division Manager at TCHD, “An annual flu shot is still the best way to protect yourself from getting the flu.”

Symptoms of the flu include:

- Fever or feeling feverish/chills
- Cough
- Sore Throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea

Appointments for a flu shot can be made at both the Forsyth and Branson locations, please call 417-546-4725 ext. 690 or 417-334-4544 ext. 590.

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.