



FOR IMMEDIATE RELEASE

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Flu Season Arrives in Ohio; Time to Get Vaccinated

Ohio Flu Activity Has Reached Regional Activity.

WAPAKONETA – Flu season has officially begun in Ohio. The Auglaize County Health Department (ACHD), Ohio Department of Health (ODH), and the Centers for Disease Control and Prevention (CDC) recommend that everyone six months old and older get the flu vaccine to protect against seasonal flu viruses. In Ohio, flu season begins in October and runs through spring, with cases typically spiking between December and February. Ohio’s flu activity was elevated to *regional* spread, meaning that outbreaks of influenza or increases influenza in at least two but less than half the regions of the state with recent laboratory evidence of influenza in those regions. ODH reports flu related hospitalizations have increased 3-fold.

“Influenza vaccination is the safest and most effective way to fight the flu, and with the holidays approaching, if you haven’t already, now is the perfect time to get vaccinated,” said Auglaize County Health Department Director of Nursing, Brenda Eiting, RN. It takes about two weeks for flu vaccination to take full effect.

“Flu vaccination is especially important for older people, young children, pregnant women and people with certain health conditions who are more vulnerable to serious flu complications.”

Flu vaccination can reduce the need for doctors’ visits and missed work and school due to flu, as well as prevent flu-related hospitalizations. During the 2016-17 flu season (10/2/2016 thru 5/20/2017) 8,661 Ohioans were hospitalized after contracting the flu. There is an ample supply of Flu vaccine at this time. Please call the Auglaize County Health Department 419-738-3410 to schedule your appointment.

Symptoms of influenza can include fever, cough, sore throat, body aches, headache, chills and fatigue. Although most people fully recover from the flu, some experience severe illness like pneumonia and respiratory failure, and the flu can be fatal.

Ways to avoid getting or spreading the flu include washing hands frequently; covering coughs and sneezes with tissues, or coughing or sneezing into elbows; avoiding touching eyes, nose and mouth; and staying home when sick and until fever-free for 24 hours without using fever-reducing medication.

More information about influenza and flu activity in Ohio is available at www.flu.ohio.gov .

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