

Seasonal Flu

Winter – 'tis the season for the holidays and the seasonal flu. Flu season can span from November to as late as May. There are a number of things you can do to reduce your chances of getting the seasonal flu. An annual flu shot is the most effective way to control influenza. Those who receive annual vaccinations have milder illness and are less likely to be hospitalized from complications. Flu shots are available through the Sedgwick County Health Department at the west central clinic location during hours of operation. The cost of the flu shot is \$30 for adults and \$15 for children under age 9. Shots are available at reduced cost for those families who meet income guidelines. The Sedgwick County Health Department also recommends the following steps to help prevent the spread of the flu: wash hands frequently, sneeze or cough into your elbow, eat healthy foods, get plenty of rest and stay home when you are ill. Help keep your family safe and healthy this winter. These simple, preventative steps can help reduce your risk of the seasonal flu.