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# NEWS

SEDGWICK COUNTY, KANSAS – COMMUNICATIONS AND COMMUNITY INITIATIVES

## **FOR IMMEDIATE RELEASE**

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## **HEALTH DEPARTMENT REPORTS FIRST CASE OF FLU**

(Sedgwick County, Kan.) – Sedgwick County Health Department announced the season's first cases of influenza (flu) in the County today. Symptoms of the flu include fever (temperatures higher than 100.4°F), headache, dry cough, sore throat, nasal congestion, body aches, fatigue and weakness.

You can prevent the spread of flu and safeguard yourself and your family with these simple steps:

1. Get a flu vaccination.
2. Wash your hands – this is the best way to keep from getting sick and spreading illness to others. Use hand sanitizer if soap and running water are not available.
3. Cough and sneeze into your elbow, not your hands.
4. Stay home if you become ill.

“Getting a flu vaccination is the single most important thing you can do to protect yourself and your family,” said Sedgwick County Health Department Director Claudia Blackburn. “Flu vaccinations are readily available throughout the community, and now is the time to get vaccinated.”

The Sedgwick County Health Department currently provides:

- Free flu shots to uninsured adults age 19 and older
- Flu vaccinations to uninsured children age 18 and younger, and children with state-sponsored insurance plans such as Medicaid, Amerigroup, UnitedHealthcare or Sunflower. A sliding fee scale is available for children who qualify.

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Residents who qualify may visit the health department's clinic at 2716 W. Central in Wichita. Clinic hours are:

Monday-Wednesday, 8 a.m. to 5 p.m.

Thursday, noon to 6:30 p.m.

Friday, 8-11:30 a.m.

If you do not qualify for a free flu vaccination, please visit your primary care physician or neighborhood pharmacy to receive one. Visit [www.flu.gov](http://www.flu.gov) for information about resources in your area. Flu vaccinations are recommended for anyone older than 6 months, unless otherwise directed by a physician. It is important to get a flu vaccination every year, as the most prevalent flu strains are usually different from year to year. Flu vaccination protects the person receiving it, as well as others who are not able to receive this type of immunization.

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