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NEWS

STRATEGIC COMMUNICATIONS
316-660-9370 WWW.SEDGWICKCOUNTY.ORG

FOR IMMEDIATE RELEASE

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CONTACT

Kate Flavin
316-660-9370

First Reports of Flu in Sedgwick County

(Sedgwick County, Kan.) – Sedgwick County Division of Health (SCDOH) announces the first reports of influenza (flu) in the County. Although an increase in cases usually starts in December, now is the time to get your flu shot to protect yourself and your family. Flu vaccinations are recommended for anyone six months and older, unless otherwise directed by a physician.

Symptoms of the flu start suddenly and include fever that lasts 3-4 days, body aches, chills, tiredness, cough, and headache. The flu virus is spread from person-to-person by mouth droplets during talking, coughing or sneezing. You can prevent the spread of flu with these simple steps:

1. Get a flu shot.
2. Wash your hands with soap and water frequently. Use hand sanitizer if soap and water are not available.
3. Cough and sneeze into your elbow, not your hands.
4. Avoid close contact with people who are ill.
5. Eat healthy foods and get plenty of rest.
6. Clean and disinfect frequently touched surfaces.
7. Stay home if you become ill.

The SCDOH Clinic at 2716 W. Central provides free flu shots to uninsured adults age 19 and older and to children age 18 and younger with CHIP, Medicaid, Amerigroup, United Healthcare or Sunflower. A sliding fee scale down to \$2 may be applied for uninsured children age 18 and younger with proof of income. Call 316-660-7300 with questions. If you do not qualify for a SCDOH flu shot, visit your primary care physician or neighborhood pharmacy to receive one. Visit <http://www.flu.gov/#> for information about resources in your area.

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