

Seasonal Flu Vaccine Availability at Iredell County Health Department

“Flu refers to illnesses caused by a number of different influenza viruses. Flu can cause a range of symptoms and effects, from mild to lethal.

Most healthy persons recover from the flu without problems, but certain people are at high risk for serious complications.

Flu symptoms may include fever, coughing, sore throat, runny or stuffy nose, headaches, body aches, chills and fatigue.

Annual outbreaks of the seasonal flu usually occur during the late fall through early spring. People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart disease and people 65 years and older.

Vaccination is the best protection against contracting the flu. Everyone 6 months of age and older should get vaccinated against the flu for the 2010-2011 flu season.”

Other steps you can take to help stop the spread of the flu: Cover your cough, wash your hands frequently, stay at home if you have a fever, stay at home for at least 24 hours after the fever has ended without using fever reducing medications. Avoid close contact with sick people.

Flu vaccine can be received at the Iredell County Health Department by calling 704-878-5300 and making an appointment.