

SEPTEMBER 27, 2023

# MCHD HEALTH BLOG

*The greatest wealth of a community is the health of the people.*



**Public Health**  
Prevent. Promote. Protect.  
**MORGAN COUNTY HEALTH DEPT.**



## IT'S TIME FOR FLU SHOTS!

It is hard to believe October will be here in just a few short days. As October begins and fall arrives, so does flu season in Ohio. In Ohio we usually see the most cases of flu between October and April each year. Influenza, or the flu as most of us call it, is a sickness that can spread from one person to another. The flu can cause you to experience symptoms such as fever, cough, sore throat, tiredness, headaches, and a stuffy/runny nose. Thankfully, there are steps we can take to help prevent the spread of the flu. These steps include washing your hands often, staying home when you feel sick, and getting the flu shot. The first and most important step to protect yourself against flu viruses is to get a flu vaccine each year. If possible, you should plan to get your flu shot before the end of October, or as soon as possible after October.

Centers for Disease Control and Prevention's (CDC) vaccine experts recommend that everyone 6 months and older should get a flu shot each year. It is especially important that the following groups get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

- Pregnant women
- Children younger than 5, but especially children younger than 2 years old
- People 65 years of age and older
- People of any age with certain chronic medical conditions such as heart disease, asthma, or diabetes
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu.

Flu vaccines are offered in many places, such as primary care provider offices, health departments and drugstores. The Morgan County Health Department has flu shots available for adults and children over 6 months old from October to April each year. Call our office for details at 740-962-4572. Getting the flu shot this season can protect yourself, your family, and the community spreading the flu. The Greatest Wealth of a Community is the Health of the People.