

**FOR IMMEDIATE RELEASE**

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## **It's Time to Get Your Flu Shot**

*Protect Your Family and Community*

**Eau Claire, WI, September 27, 2018** – “Get Your Flu Shot Here” signs pop up around town this time every fall...and for a good reason! Last flu season more than 140 Eau Claire County residents were hospitalized due to influenza. “The effectiveness of the flu shot varies year to year, but it IS the best way available to protect yourself and your loved ones from this serious illness,” says Allison Gosbin, Public Health Nurse.

A new Centers for Disease Control and Prevention (CDC)-supported study conducted over multiple flu seasons shows that getting a flu shot reduced the risk of being admitted to the hospital with flu by 32%. A flu shot can have mild side effects, such as soreness or swelling at the injection site, a mild fever, or body aches. While these side effects can be uncomfortable and inconvenient, they are mild and usually resolve quickly.



Influenza, on the other hand, can cause you to be sick in bed for a week or longer. **Influenza is a respiratory illness. It is not the stomach flu.** Common symptoms of the respiratory flu include fever, cough, sore throat, body and muscle aches, and fatigue. Although some of the symptoms are similar to the common cold, flu symptoms are more severe.

In some people, the flu can lead to pneumonia or other serious complications. When you get a flu shot, you also protect people around you, including those who are at a higher risk for serious flu illness. Those at higher risk include babies and young children, older people, and people with certain chronic health conditions.

Remember that getting a flu shot protects you, your loved ones, and your community! The more people who get a flu shot, the less chance the flu virus will be able to spread. Next time you see a sign that says “Get Your Flu Shot Here,” stop in and get one. For more information, see <https://www.cdc.gov/flu>.

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Promoting **health** and **safety** for all Eau Claire Communities