

Let's Talk Prevention

Flu Season is Among Us

Flu season is no longer knocking on the door, but the door has opened. With several positive flu cases in Kerr County it time to talk prevention. First and foremost, everyone should be getting a flu vaccine. With the convenience of getting a flu shot on almost every corner, there really is no excuse. From Flu Clinics popping up at Ag barns, to almost every pharmacy offering walk ins at your convenience to seeing your PCP, a flu shot is easy to obtain. Next is to talk prevention. The single most effective way to prevent the spread of flu is to wash your hands regularly. Keeping our hands free of germs helps to cut down on cross contamination. When coughing or sneezing, you should be doing so into your elbow sleeve. Lastly, stay home is you are experiencing any flu like symptoms (fever, cough, body aches, chills, sore throat, etc). If you have to be out in the public wearing a mask will help to prevent airborne expose. Flu is spread through the air, so be courteous to those around and cover your mouth when sneezing or coughing.

Let's help give Flu the boot this season.

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