



Fact Sheet

Flu shots urged after increase in serious cases

The Centers for Disease Control and Prevention (CDC) report an increase in severe and even fatal cases of seasonal flu across the US. Flu can be caused by a number of different influenza viruses. Most recently, the flu virus H1N1pdm09 has been causing severe illness in young to middle-aged adults. Most of them had not been vaccinated.

People who have not yet been vaccinated against flu are encouraged to do so. All available flu shots this year do contain protection against the H1N1pdm09 strain that is causing severe illness.

People who are at high risk of developing complications from flu are also urged to visit their health care provider promptly if flu symptoms develop. Antiviral treatment that is started within 48 hours of the first symptoms will be most effective in reducing the risk of severe illness or death.

People at high risk of complications from flu include:

- children under 2 years old,
- adults 65 years and older,
- people with chronic disease or suppressed immune systems,
- pregnant women, and women who have had a baby within the past two weeks,
- people under age 19 on long-term aspirin therapy,
- persons who are morbidly obese (body-mass index of 40 or more), and
- residents of nursing homes and other chronic-care facilities.

In addition to vaccination against flu, the Health Department recommends washing your hands frequently with soap and water, trying not to touch your face and mouth, and keeping a distance of at least six feet from people who are sick.

Learn more by visiting www.phelpscountyhealth.com, or call (573) 458-6010.

The Phelps/Maries County Health Department – caring for your family, caring for our community, caring for YOU!



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