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It's not too late to get the flu shot!

Although flu season is already upon us, you can still get the flu shot. The Rock County Public Health Department (RCPHD) recommends that everyone six months of age and older receive a flu shot. The vaccine is safe and effective and can prevent long absences from school and work. The vaccine is covered by many insurance companies and you can call the number on the back of your card to verify. Contact your medical provider or stop by a local pharmacy to get your vaccine today.

Signs and symptoms of the flu include:

- A 100⁰F or higher fever or feeling feverish (not everyone with the flu has a fever)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults

"If you have not received a flu vaccine yet this season, it's not too late," said RCPHD Health Officer, Noel Sandoval. The flu season in the United States begins as early as October and lasts until May. Every flu season is different, and the flu virus can affect people differently. Even healthy people can get very sick from the flu and spread it to others. The U.S. Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older who has not been vaccinated yet this season, get vaccinated now.

In addition to the flu shot, community members should practice these 3 C's:

- Clean – properly wash your hands often, and frequently clean commonly touched surfaces like doorknobs, refrigerator handles, phones, and faucets.
- Cover – cover your cough and sneeze with your arm or a tissue.
- Contain – contain your germs by staying home if you are sick. If your child has a fever (100.4 F or greater), muscular pain, or extreme fatigue, please keep them home.

For more information about the flu, go to the website for the Centers for Disease Control and Prevention at www.flu.gov