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# News Release

"We work together to build and maintain a community of the highest quality for present and future generations."

## FOR IMMEDIATE RELEASE

October 4, 2018

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NR#1004094

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## Abilene-Taylor County Public Health Department Encourages Flu Vaccinations

ABILENE, Texas - With flu season ramping up in Texas, the Texas Department of State Health Services and the Abilene-Taylor County Public Health District are encouraging residents to get their flu shot.

The level of flu-like illness is currently classified as "high" in Texas, and medical providers are seeing an increase in flu in multiple parts of the state. Getting vaccinated is the best way for people to protect themselves and their families from the flu during the holiday season.

The Health District recommends everyone six months old and older get vaccinated. People should talk to their health care provider about the best type of flu vaccine for them. A nasal spray version is available for healthy people ages 2 to 49 who are not pregnant, and a high-dose vaccine is approved for people 65 and older.

Flu is a serious disease that kills an average of 23,600 Americans a year, according to estimates from the Centers for Disease Control and Prevention. People over 65, pregnant women, young children and people with chronic health conditions are most at risk for complications, so it's especially important for them to be vaccinated.

Getting vaccinated is the best way to stop the spread of the flu. Additionally, cover all coughs and sneezes, wash hands frequently with soap and water or use hand sanitizer, and stay home if sick.

For more information contact the Health District at 325-692-5600.

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