

By RACHEL COLEMAN

• Leader & Times

You're coughing. Your nose won't stop dripping. You feel horrible.

Is it the flu? Or is it a cold?

"A lot of people can't tell the difference," said Seward County Health Department director Martha Brown. "But getting a cold won't kill you."

Not all influenza cases result in death, but Brown said flu is nothing to take lightly.

"There are people who die from the flu. You do some research and you see the most upsetting things: babies die, older people die, sometimes even teenagers," she said.

That's why Brown strongly encourages everyone she meets to be immunized for the flu.

# As flu season nears, experts advise getting immunized

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