

- Special to the Leader & Times

The Seward County Health Department would like to remind everyone that it is not too late to get their flu shot.



There have been several hundred deaths from the flu and its complications since Sept. 1, 2013. All persons 6 months of age and older are recommended to get the flu shot every year. The flu shot is especially important for young children, pregnant women, adults 65 years and older, anyone with chronic health conditions (diabetes, heart problems, lung problems, etc.) and those who are in contact with an infant who is less than 6 months old.

Flu symptoms include: fever, headache, extreme tiredness, dry cough, and muscle aches. The health department would like to remind you that if you are sick to please stay home to avoid spreading the illness to others, cough or sneeze into a tissue or your elbow, and wash hands frequently.

The Seward County Health Department has received a new shipment of flu vaccine. The office hours are from 8:30 a.m. to 5:30 p.m. Monday through Thursday and from 9 a.m. to noon Friday.

## **Not too late to vaccinate**

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Remember, it is not too late to get vaccinated.