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FOR IMMEDIATE RELEASE

Taney County Health Department Sees Increase in Flu Cases
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The Taney County Health Department (TCHD) is seeing a rise in flu cases. In the past week, the number of confirmed flu cases has doubled, with 115 new cases reported, 48 of those are children 14 and under. These reports bring the total flu cases for the season to 497.

Along with getting the flu shot, it's important to practice good hygiene to prevent the flu and other illnesses. If you're sick, follow these steps to stop spreading germs:

- While sick, limit physical contact with others
- Cover your nose and mouth when you cough or sneeze
- Wash your hands often with soap and water, or use alcohol-based hand sanitizer
- Do not touch your face (eyes, nose, mouth)

Flu is spreading across all age groups. The TCHD advises everyone six months and older to get vaccinated to help protect themselves and those at higher risk of severe illness. These high-risk groups include pregnant women, individuals 65 years and older, very young children, and people with preexisting health conditions. Community members in these groups should seek immediate medical attention if they begin to experience symptoms.

Flu viruses spread when someone who is sick coughs, sneezes, or talks, releasing droplets into the air. People who don't have the flu can breathe in these droplets and get sick. You can spread the flu even before you feel sick. Symptoms of the flu include fever, cough, sore throat, stuffy nose, body aches, headaches, and tiredness. Vomiting and diarrhea are also common symptoms in young children.

If you get the flu, drink plenty of fluids to stay hydrated, get lots of rest, and take over-the-counter medicine for fever. Stay home and avoid contact with others unless you need to see a doctor. Stay home for at least 24 hours after your fever is gone, without using fever-reducing medicine. Call today to schedule your flu shot: 417-344-4544 ext.590.

For more information, contact the Taney County Health Department at 417-334-4544, visit our website at www.taneycohealth.org, or like our Facebook and Instagram pages.

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As a leader in health, the Taney County Health Department serves Taney County residents and visitors in their pursuit of a healthy lifestyle and environment. The Taney County Health Department's mission is to create a healthy and safe community for people to live, work, and play, today and in the future. Caring, serving, and protecting Taney County since 1961. Please visit our website www.taneycohealth.org to learn more about our services.