



District Health Department

Serving Fillmore, Gage, Jefferson, Saline, and Thayer counties.

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FOR IMMEDIATE RELEASE

FLU ACTIVITY INCREASING RAPIDLY

DHHS is reporting widespread increases in flu activity across the state with outbreaks occurring in schools, long-term care facilities, hospitals, clinics, and work places.

The most important step in protecting yourself and your family from the flu is to get an annual flu vaccination. It is not too late to get immunized. It can take up to two weeks to develop full immunity but any immunity will help reduce the severity of the illness. Anyone 6 months of age or older that has not already received a flu shot should get one immediately.

[Children younger than 6 months](#) are at high risk of serious flu illness, but are too young to be vaccinated. People who care for infants should be vaccinated instead.

If you develop signs of the flu, it is important to stay home. Contact your healthcare provider to determine if he/she would recommend a flu anti-viral medication.

Additional steps to avoid the flu include:

- Frequent hand washing.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Avoid touching your eyes, nose and mouth. Germs easily spread this way.
- Frequently & thoroughly clean and disinfect surfaces and objects that may be contaminated.

For information on where to get a flu shot, contact your healthcare provider or call Public Health Solutions at 402-826-3880. We can help you find the nearest public immunization clinic in your area.

For more information on where to get a flu shot, contact your healthcare provider or Public Health Solutions. If you need information on the nearest public immunization clinic near you, please call Public Health Solutions at 402-826-3880.

About Public Health Solutions

Public Health Solutions serves to prevent disease and injury, promote wellness, and protect the personal, community, and environmental health of all people in Fillmore, Gage, Jefferson, Saline, and Thayer counties in southeast Nebraska. To learn more, visit www.phsneb.org, or call us at 402-826-3880.

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