



Health Tribune

Thinking about your health in Portage County
Provided by the Portage County Health Department



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October is... Influenza Awareness Month!

What is influenza (also called flu)?

The flu is a preventable illness caused by influenza viruses that infect the nose, throat, and lungs. The flu is a contagious illness that can be prevented by receiving a yearly vaccine.

Signs and symptoms of flu

- ◇ Fever (feeling feverish/chills)
- ◇ Cough
- ◇ Sore throat
- ◇ Runny or stuffy nose
- ◇ Muscle or body aches
- ◇ Headaches
- ◇ Fatigue
- ◇ Vomiting and/or diarrhea



How does the flu spread?

The flu virus spreads mainly by droplets formed when people with the flu cough, sneeze, or talk. These droplets can land in the mouths or noses of people nearby.

Period of contagiousness

It is possible to infect others with the flu beginning 1 day before symptoms develop and up to 5-7 days after becoming sick.

When to get vaccinated

NOW! October is an ideal time to receive the flu vaccination. It is important that people get vaccinated so they protect themselves and others before influenza begins spreading in their community.



For additional information visit:
<http://www.cdc.gov/flu/keyfacts.htm>



Flu shot locations:

Portage County Health Department-
October 14,
October 26, and November 2
Nursing Clinic
705 Oakwood Street, 2nd floor
Ravenna, OH 44266

Suffield Fire Department-October 11
Open House
1256 Waterloo Road
Suffield, OH 44260

Deerfield Township Fire Department-October 19
9482 US-224
Deerfield, OH 44411

Kent City Health Department-October 21
Michael Swartz Center—KSU
675 Morris Road
Kent, OH 44240

Windham Renaissance Center-October 27
9005 Wilverne Drive
Windham, OH 44288

Brimfield/Field Middle School-November 5
1379 Saxe Road
Mogadore, OH 44260

Questions or Comments?

Contact Us!
Portage County Health Department
705 Oakwood St.
2nd Floor

Ravenna, Ohio 44266

Phone: (330) 296-9919

Nursing Clinic: (330) 298-4490

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<http://www.co.portage.oh.us/healthdepartment.htm>