



Health Tribune

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

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October 2010: Influenza

Did you know...?

For the 2009-2010 flu season, the Portage County Health Department joined the Kent City Health Department and Ravenna City Health Department to vaccinate almost 20,000 Portage County residents against the H1N1 flu virus. This was accomplished through the continued support and efforts by the Portage County Emergency Management Agency, EMS community, Red Cross, Medical Reserve Corps, and Family and Community Services.

The 2010-2011 flu vaccine will protect against three flu viruses: H1N1 virus, Influenza B virus, and H3N2 virus.

For the 2010-2011 flu season, the Portage County Health Department has combined efforts with local school districts and Township Trustees to host community flu shot clinics throughout Portage County to make getting the flu shot convenient for Portage County residents.

All clinics are walk-in, no appointment necessary. The cost is \$10 for children and \$20 for adults. Medicaid and Medicare Part B will be accepted.

Check out the website for dates and locations of flu shot clinics in your area:

www.co.portage.oh.us/healthdepartment.htm



Questions or Comments?

Contact Us!

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

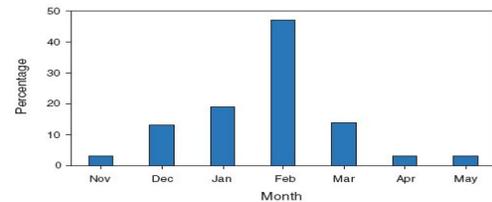
October is...

The Start of the Flu Season...

Because this is when you should be vaccinated!

Influenza (the flu) is a respiratory illness caused by influenza viruses. It is contagious and can be passed from person to person before you know you are sick, as well as when you are sick. The flu is mainly spread by respiratory droplets when people with the flu cough, sneeze, or talk.

Peak Month of Influenza Activity



Symptoms of flu:

- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Fatigue
- Fever/chills (Not everyone with the flu has a fever.)
- Vomiting or diarrhea (More common in children.)

Complications of flu:

- Bacterial pneumonia
- Ear infections
- Sinus infections
- Dehydration
- Worsening of chronic medical conditions

Prevention of flu:

- Get vaccinated
- The Center for Disease Control and Prevention (CDC) recommends that **everyone 6 months and older** should get a flu vaccine.*
- Wash hands often with soap and water or use an alcohol-based hand sanitizer
- Avoid touching eyes, nose, and mouth
- Avoid close contact with sick people

Learn more about flu: <http://www.cdc.gov/flu/>