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Flu Common Across Nebraska

LINCOLN, Neb. (AP) - Nebraska health officials say they are seeing more cases of the flu across the state in the past two weeks.

The Lincoln Journal Star reports that cases of influenza are now considered widespread in Nebraska.

State epidemiologist Dr. Thomas Safranek says the flu season appears to be hitting its peak sooner than usual this year.

Safranek says holiday gatherings can help transmit diseases like the flu, so everyone should be sure to wash their hands and avoid touching their face. If possible, avoid being around sick people.

Experts do still recommend that most people get a flu shot to help build immunity and reduce the severity of the illness.

But it takes about two weeks after the shot to build immunity, so getting immunized sooner would be better.

Associated Press