

### SEDHD Advises Everyone to Get Flu Shot

(KLZA)-- National Influenza Vaccination Week is December 6th – 12. The Southeast District Health Department serving Richardson, Pawnee, Nemaha, Johnson and Otoe counties encourages people of all ages to get a flu shot.

Kevin Cluskey, Southeast District Health Department, Health Director recommends getting a flu shot if you haven't had one. The shot is the most effective way to avoid illness or at least lessen the severity of the flu.

The flu can be a serious disease that can lead to hospitalization and sometimes even death. Anyone can get sick from the flu and certain people are at greater risk for serious complications from the flu. These people include children younger than 5, especially children younger than 2. Adults 65 year of age and older. Pregnant women and people considered "high risk" due to medical conditions.

Cluskey says the upcoming holidays offer a time to share illnesses in addition to presents. Be sure to cover your cough, wash your hands frequently and remove yourself from the group if your not feeling well.

It takes about two weeks for your immunity to build up after receiving a flu shot. You can contact the Southeast District Health Department toll free at 877-777-0424 for information on where you can get a flu shot if your doctor does not have them available.

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