

FOR IMMEDIATE RELEASE

September 1, 2023

Flu Season is Around the Corner!

Stop the Flu, Don't Let It Stop You!

HOUSTON – As we wind down from the summer heat, it's important to remember that flu season is just around the corner. Getting a flu vaccine is the best way to protect yourself and your loved ones from the flu. September and October are the perfect time to get it before heading into winter. This is because it takes about two weeks for immunity to develop in your body.

Harris County Public Health recommends getting a flu vaccine for everyone 6 months of age and older. This is especially important for people at higher risk of serious flu complications, including young children, pregnant people, people with certain chronic health conditions like asthma, diabetes, or heart and lung disease, and people 65 years and older.

Flu symptoms can include:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Fatigue (feeling very tired)
- Vomiting and diarrhea (more common in children than adults)

*It's important to note that not everyone with flu will have a fever.

In addition to getting a flu vaccine, follow these steps to help keep you and/or your child from getting the flu or passing it on to others:

- Encourage sick family members to cover their nose and mouth when they cough and sneeze, using a tissue or inside bent arm. This helps keep germs from spreading to others.
- Encourage family members to wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid close contact with people who are sick. Keep sick family members away from other household members to reduce the exposure.

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HCPH is the local public health agency for the Harris County, Texas jurisdiction. It provides a wide variety of public health activities and services aimed at improving the health and well-being of the Harris County community.

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- Clean and disinfect surfaces frequently touched, such as desks, doorknobs, computer keyboards, faucet handles, and phones.
- **If you or your child gets sick, contact your healthcare provider.** If taking medicine such as acetaminophen to control fever, you must wait until the fever is gone for 24 hours *without* using medicine before returning to school or work.

To find the nearest location for a flu vaccine and/or COVID-19 updated booster, call (832) 927-7575. For additional information, visit hcphtx.org.

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