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FOR IMMEDIATE RELEASE

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It's not too late to get your flu shot!

Influenza (flu) disease is widespread across Nebraska according to the Nebraska Influenza Surveillance System. Influenza is a highly infectious disease of the lungs that can cause mild to severe illness and lead to death. Symptoms may include fever or feeling feverish, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue.

Flu vaccination is the primary method for preventing influenza. The Centers for Disease Control recommends that everyone age six months and older receive the flu vaccine every year. Those who have not yet received an immunization this flu season are encouraged to do so.

For more information contact North Central District Health Department at 402 336-2406.

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