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**PSA: Influenza**

As the 2016-2017 influenza season continues, North Central District Health Department would like to encourage everyone that the single best way to protect against the flu is to get vaccinated each year. Our district is noticing high flu activity and there are indications that this season will be severe, especially for people aged 65 and older as well as young children. We encourage everyone to take every day preventative actions such as staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with the flu, stay home from work or school to prevent spreading the flu to others. Also notify your doctor if you begin to notice symptoms including; fever, cough, sore throat and body aches.

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