

MEDIA RELEASE

Contact: Rachael Wheeler
Phone: 307-732-8446
Fax: 307-733-8747
Email address: Rachael.wheeler@wyo.gov



For Immediate Release It's Not Too Late to Get Your Flu Shot

Jackson, WY- February 9th, 2018- Teton County Public Health is issuing a reminder to Teton County residents to obtain flu shots. Public Health encourages people to get a flu shot before others around them become sick, as it takes approximately two weeks for the flu shot to offer protection. Influenza, the flu, is a contagious respiratory illness caused by a virus. Symptoms include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches.

The flu shot is the best preventative tool available to fight against the flu. The flu strains circulating in Wyoming are part in this year's vaccine. Teton County Health Officer, Dr. Travis Riddell, stated, "Anyone can get the flu. Healthy individuals usually recover, but they can also spread the virus to others who are more vulnerable to flu and its effects, such as seniors, young children and those with certain medical conditions. That's why the flu shot is recommended for just about everyone." Riddell went on to say, "If you do contract the flu after receiving the flu shot, the vaccine can help lessen the severity and length of your illness."

Currently, in the middle of this flu season, Teton County Public Health emphasizes these practices:

- Cover your cough and sneeze: sneeze and cough into your elbow to limit the spread of disease.
- Wash your hands frequently with warm, soapy water.
- Stay home when you are ill to contain your germs.
- Report signs and symptoms of illnesses that do not go away within 3-5 days to your healthcare provider.

Teton County Public Health still has quadrivalent flu shots (which consists of 4 strains of the influenza virus) available. If residents are still in need of a flu shot, please contact Teton County Public Health at 733-6401 to schedule an appointment. Teton County Public Health is located at 460 East Pearl Ave. and is open Monday- Friday 8am-5pm.

Other local providers and pharmacies are also providing flu shots this year. Please contact your preferred provider for more information on their vaccine availability.

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