



For Immediate Release

January 8, 2018

Contact: Dallas County Judge Clay Lewis Jenkins
Clay.Jenkins@dallascounty.org
214-653-7949

Dallas County Judge Urges Flu Precaution

“As flu season escalates it’s important that all individuals take precautions to prevent and reduce the severity of the flu. Prevention is truly the best medicine and it’s not too late to get your flu shot. If you have flu-like symptoms, please help protect yourself and others by staying home from work or school and calling your doctor as soon as possible to discuss anti-viral medication.”

The Centers for Disease Control (CDC) recommends the following:

- Annual **flu vaccination for everyone 6 months and older**. Getting vaccinated also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.
- All hospitalized, severely ill, and high-risk patients with underlying health conditions like asthma or diabetes who are suspected or confirmed influenza cases should be treated with antivirals. (High risk includes: children under 5, adults over 65, people with immunosuppression, persons with underlying conditions, women who are pregnant or postpartum, people with extreme obesity, residents of nursing homes or other chronic care facilities, people younger than 19 who are receiving long term aspirin therapy, American Indians/Alaskan Natives)
- Clinical benefit is greatest when antiviral treatment is administered as early as possible after illness onset.

Source: CDC Health Advisory Network,
“Seasonal Influenza A(H3N2) Activity and Antiviral Treatment of Patients with Influenza” 12/27/2017