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DRAFT.       Not for release.       Approved for release by: Trish Factor MPH, MCHES, CHP

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**Message status:**

Urgent       Confidential       For information only       Reply requested

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**Message Title:**

**Say Boo to the Flu!**

**Message:**

**Let's say BOO to the FLU!** "Everyone 6 months and older should get an annual flu vaccine." According to Ashley Smith RN, Director of Nursing for the Galion City Health Department. According to the Ohio Department of Health, an estimated 200,000 people in the US are hospitalized with the flu each year. It takes about two weeks after vaccination for your body to develop full protection against the flu. "Get vaccinated to protect yourself and your loved ones!"

Trish Factor, Galion City Health Commissioner says, "Fall has arrived and is often the time that we start seeing people get sick with flu. By getting a flu vaccine for yourself and your entire family every season, you can help prevent flu-related illness, missed school and work and even more serious flu-related illness."

Influenza (flu) is a contagious respiratory disease that infects the nose, throat, and lungs and can lead to serious complications, hospitalization, or even death. Pneumonia and bronchitis are examples of serious flu-related complications. The flu also can cause certain health conditions, like diabetes, asthma, and heart and lung disease, to become worse. Even healthy people can become sick with the flu and experience serious complications. But even if you are one of the lucky ones who bounces back quickly from a bout with the flu, people around you might not be so lucky. Getting a flu vaccine is the single best way to protect yourself and your family from this serious disease.

Flu viruses are constantly changing, and different flu viruses can circulate and cause illness each season. Flu vaccines are made each year to protect against the flu viruses that research indicates will be most common. Also, immunity from vaccination declines after a year. "This is why everyone needs a flu vaccine *every season.*"

**The Galion City Health Department has had their first two flu clinics this year; which have been well attended. Their last clinic will be held Saturday, October 31<sup>st</sup> from 9am till noon at Grace Point Church where they will have a "Boo the Flu" theme. Kids will receive a special treat for saying Boo to the Flu. Costumes are welcome! If you have any questions or if you're unable to attend this clinic and wish to make an appointment with the Health Department call 419-468-1075. For forms, cost, and additional information go to [www.galionhealth.org](http://www.galionhealth.org).**