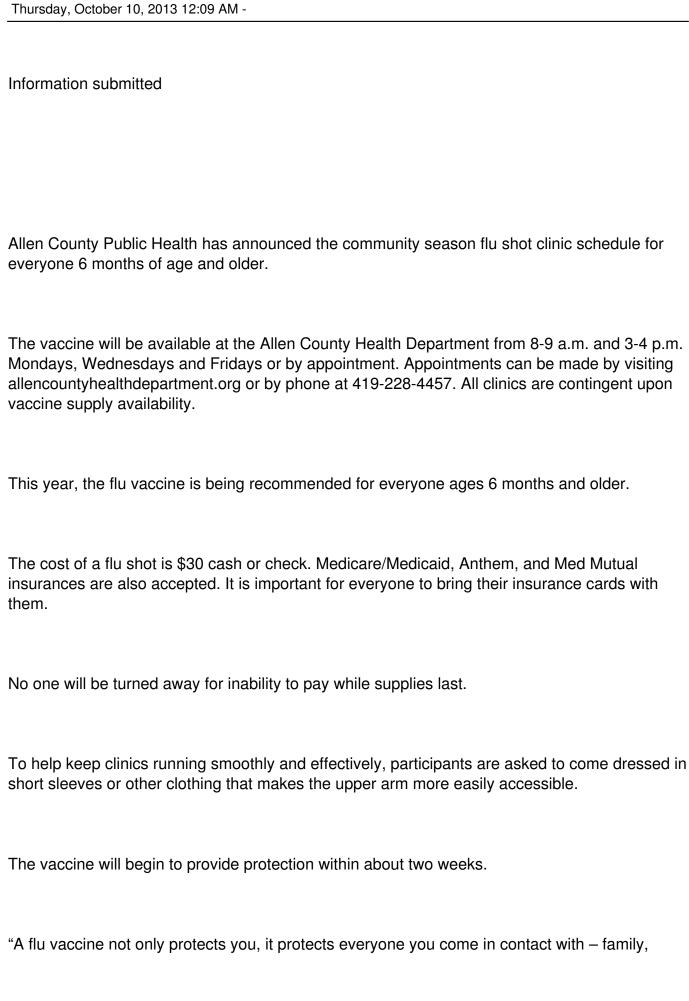
Flu vaccine available at health department

Written by Information submitted



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friends, co-workers and clients. Preventing the spread of flu keeps us all healthier," Health Commissioner Kathy Luhn, MS, MCHES, said.

In Ohio, the traditional flu season is considered to be from November through April, with the peak months being January and February.

The Center for Disease Control recommends "Take Three" to fight the FLU: 1) Take time to get a flu vaccine; 2) Take everyday precautions to prevent the spread of influenza; 3) Take antiviral drugs if they are prescribed for you.

Everyday ways to prevent getting the flu including avoiding contact with people who are sick, avoiding touching the eyes, nose and mouth and practicing good health habits like disinfecting frequently-touched surfaces at home, work and school.

Getting plenty of sleep, being physically active, managing stress, drinking plenty of fluids and eating nutritious foods also helps.