

# Press Release



## Flu Season Reminder

### Stopping the **FLU** is up to you!

Chambers County Health Department continues to see a rise in active flu cases reported. The health department urges everyone six months and older to get vaccinated against the flu. We offer the flu shot for only \$12. For more information on clinic hours and locations please call us at (409) 267-2731 and follow us on facebook @ChambersCountyHealthDepartment.

### Remember to:



#### **WASH YOUR HANDS**

Wash your hands often. Scrub for at least 20 seconds with soap and water or use an alcohol-based hand cleaner.



#### **COVER YOUR COUGH**

Use a tissue to cover your mouth and nose when you cough or sneeze. No tissue around? Your sleeve will do.



#### **STAY HOME**

If you get sick, stay home until you're well so you don't spread your germs. Steer clear of others who are sick.



#### **GET YOUR SHOT**

Protect yourself and others by getting vaccinated