

# The County Pulse

Quarterly



## Texas Influenza Awareness - October 2024

### What You Need To Know About Flu

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.

### Flu Symptoms

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu symptoms usually come on suddenly. People who have flu often feel some or all of these symptoms:

- fever\* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)

some people may have vomiting and diarrhea, though this is more common in children than adults.

\*It's important to note that not everyone with flu will have a fever.



TAKE 3 ACTIONS TO FIGHT THE FLU



## October

### Breast Cancer Awareness /Texas Influenza Awareness Month

Oct. 5th - World Meningitis Day

Oct. 5th - Saturday Clinic

\*Appointment required\*

Oct. 24th world polio day

Oct. 31 - Halloween on the square

## November

### Diabetes Awareness Month

Nov. 2nd - Saturday Clinic

\*Appointment required\*

Nov. 11th - Veterans Day

Nov. 12 World Pneumonia Day

Nov. 28th Thanksgiving Day

## December

Dec. 6th Saturday Clinic

\*Appointment Required\*

Dec. 4-8 National Influenza Vaccination week

Dec. 25th Christmas Day

Dec. 31st New Years eve

A FLU VACCINE CAN TAKE FLU FROM



**WILD** TO *mild*



IF YOU'RE 65 AND OLDER, TALK  
TO YOUR HEALTH CARE PROVIDER

#FIGHT FLU



# IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU



## The Funny Bone:



- **What's the worst part of having an apple addiction?**  
*You can't see a doctor about it.*
- **"Two years ago, my doctor told me I was going deaf. I haven't heard from him since."**
- **Why don't ants get sick?**  
*Because they have little antibodies.*

# Adult Safety Net Program (ASN)

## Why Do Adults need vaccines?

- = Immunity can fade overtime.
- = As people get older, Adults become more susceptible to serious diseases caused by infections.
- = Adults, just like children and teens, need vaccines to stay healthy
- = Stop preventable diseases by vaccinating the community
- = Vaccines help prevent work or job-related diseases.

## Who is eligible to receive ASN vaccine?

- = Any adult aged 19 years or older who is uninsured is eligible to receive ASN Vaccines.
- = Adults with medical insurance, including Medicare or Medicaid, are not eligible to receive ASN Vaccines.
- = Adults who are underinsured (Have insurance that does not cover immunizations) are not eligible to receive ASN Vaccines.



**Hunt County Health Department Medical Services** staff recently had the opportunity to attend Vaccine Symposium: Strengthening Public Health in Texas hosted by Sam Houston State University at the DFW Hyatt Regency. SHSU shared motivational interviewing and discourse narrative techniques to instill vaccine confidence in patients. Staff participated in interactive workshops and learned valuable skills when dealing with patients with concerns about vaccines. The vaccine symposium was made possible by a grant awarded to SHSU by Texas Department of State Health Services (DSHS).

## ***!Time To Get Your Flu Vaccine!***

**Hunt County employees come join us at one of our yearly Flu Vaccine Clinics!**

- **Date: October 15, 2024**
- **Time: 4:30pm-6:30pm**
- **Location: County Jail– Sheriff's Department**
  
- **Date: October 16, 2024**
- **Time: 9:00am-11:00am**
- **Location: Hunt County Courthouse-2nd Floor**
  
- **Date: October 16, 2024**
- **Time: 4:30pm-6:30pm**
- **Location: County Jail– Sheriff's Department**

**Flu season is here, and the best way to stay healthy is by getting vaccinated.**

**Don't wait! Help prevent the spread of the flu.**

**For more information, contact us at:**

**(903) 455-4433**

**Healthclinic@huntcounty.net**

**Let's keep our community healthy this flu season!**

**HAPPY HOLIDAYS**

*Hitting the Road*



**MILLIONS OF PEOPLE** will be traveling this holiday season, so take time to be extra cautious. Buckle up, slow down and be alert.

Top off your vehicle's fluids before heading out, check the weather along your route and always clear your windows and headlights before hitting the road.

For more safety tips, download the free Red Cross Emergency App or visit [Redcross.org](https://www.redcross.org).

