

FOR IMMEDIATE RELEASE

September 9, 2024

Be a Flu Fighter!

HCPH encourages Harris County community members to get their vaccinations early and fight the flu this season.

HOUSTON – As we wind down from the summer heat, it’s important to remember that flu season is just around the corner. Getting a flu vaccine is the best way to protect yourself and your loved ones from the flu. September and October are the perfect time to procure the medication as we transition into the fall/winter months. This is because it takes about two weeks for immunity to develop in your body.

Harris County Public Health (HCPH) recommends getting a flu vaccine for everyone ages 6 months and older. This is especially important for people at higher risk of serious flu complications, including young children, pregnant people, people with certain chronic health conditions like asthma, diabetes, or heart and lung disease, and people 65 years and older.

Flu symptoms can include:

- **Fever* or feeling feverish/chills**
- **Cough**
- **Sore throat**
- **Runny or stuffy nose**
- **Muscle or body aches**
- **Headache**
- **Fatigue (feeling very tired)**
- **Vomiting and diarrhea (more common in children than adults)**

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

In addition to getting a flu vaccine, follow these steps to help keep you and your loved ones from getting the flu or passing it on to others:

- Encourage sick family members when coughing and sneezing to cover their noses and mouths, use a tissue, or use the inside bend of their arm. This helps keep germs from spreading to others.
- Encourage family members to wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid close contact with people who are sick. Keep sick family members away from other household members to reduce the exposure.

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HCPH is the local public health agency for the Harris County, Texas jurisdiction. It provides a wide variety of public health activities and services aimed at improving the health and well-being of the Harris County community.

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- Clean and disinfect surfaces frequently touched, such as desks, doorknobs, computer keyboards, faucet handles, and phones.
- **If you or your child gets sick, contact your healthcare provider.** If you are taking medicine to control fever such as acetaminophen, wait until the fever is gone for 24 hours *without* using medicine before returning to school or work.

Also, HCPH provides various low-cost clinical services, including flu vaccinations, across Harris County. Eligibility to receive these services is based on household size and family income. For information about which immunizations HCPH provides at our clinics, please visit our [Immunizations and Vaccinations](#) page. Community members interested in receiving their flu shot can visit our [Flu Season page](#) to find the nearest clinic or call the Patient Appointment Call Center at (832) 927-7350 to schedule an appointment.

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