



Press Release
FOR IMMEDIATE RELEASE

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Flu Activity Increases in Texas

Local vaccinations available at Knox County Hospital District.

KNOX CITY, Texas (January 5, 2024) – With the official height of the flu season beginning in just a few short weeks, the Centers for Disease Control and Prevention (CDC) reports that this year’s flu season has already reached epidemic levels. Helping Knox County stay healthy, Knox County Hospital District (KCHD) is encouraging everyone age six months and older to get vaccinated.

“While getting the shot may not completely prevent the flu, research has shown that it can decrease the severity,” said Dr. Ruth Ebangit, physician at the Knox City Clinic, a service of KCHD. “Getting vaccinated sooner than later is the best precaution, and it’s never too late.”

Dr. Ebangit explained that there is a lot of incorrect information regarding flu shots. Among them, the belief that getting a shot will make you sick.

“Because it takes time for the vaccination to protect your body, those who become ill shortly after getting vaccinated likely contracted the virus a few days prior,” Dr. Ebangit said.

Dr. Ebangit said that she expects KCHD to be able to meet local demand, but cautioned individuals to not wait very long as the flu outbreak can spread quickly throughout any community.

Symptoms of the flu typically come on suddenly and may include fever or fever chills, a cough and sore throat, runny and stuffy nose, muscle and body aches, headaches, and fatigue. Most people who develop the flu are contagious five to seven days after they show symptoms.

“If you suspect you are coming down with the flu, the best advice I can give is to just stay home,” Dr. Ebangit said. “Staying home will help cut down on the number of people you expose to the flu. It is also important to use that time to rest and drink plenty of fluids.”

For those with underlying medical conditions, Dr. Ebangit recommends that you call your local medical clinician as early as possible to see if they want to test for the flu and prescribe any antiviral drugs.

To avoid the flu and help prevent the spread of the virus, the CDC recommends to avoid close contact with those who are sick and stay home if you recognize symptoms.

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Covering your mouth and nose when you need to sneeze or cough; frequently washing your hands to avoid spreading germs; and avoid needlessly touching your eyes, mouth, and nose is advised to prevent the spread of infections.

Following the recommendations of the CDC as in recent years, people ages six months and older are encouraged to be vaccinated. Seniors over 65, pregnant women, and children under the age of two are particularly vulnerable to the flu, which causes an estimated 100,000 hospitalizations and on average 36,000 deaths a year.

Individuals interested in getting the flu shot are encouraged to stop by Knox City Clinic or Munday Clinic. Insurance plans are accepted, and a self-pay option is available for only \$25 per shot. Insured patients are asked to bring their insurance cards.

For more information about local healthcare programs and services, please call the Knox City Clinic at 940-657-3906 or the Munday Clinic 940-422-5271.

About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit www.knoxhospital.org.

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