



**Press Release**  
**FOR IMMEDIATE RELEASE**

**Media Contact**  
Stephen Kuehler | [stephen.kuehler@knoxhospital.org](mailto:stephen.kuehler@knoxhospital.org)  
940-657-3535

## **Flu Prevention: Now is the Time to Get Vaccinated**

*Healthcare providers in Knox County urge the community to get the flu shot as flu season begins.*

KNOX CITY, Texas (Oct. 18, 2024) – With the weather finally cooling down, the fall season in Texas is finally in full swing. With the new season upon us, Knox County Hospital District is echoing the words of the Centers for Disease Control and Prevention (CDC) by encouraging area residents to take a proactive approach against the flu by getting vaccinated.

“We read and hear a lot of false information each year with regards to flu vaccines,” says Ruth Ebangit, M.D., M.P.H., a board-certified family medicine physician in Knox County in Knox City. “The fact is medical professionals here at home and across the world collectively agree that getting an annual flu shot is the best prevention method.”

According to the CDC, vaccines have been updated for 2024 to better match viruses expected to be circulating in the United States.

Recommendations for people with egg allergies are the same as in recent years. Those who have known allergies to eggs are encouraged to get a flu shot by the CDC but are encouraged to talk with their primary healthcare providers beforehand.

While Knox County Hospital District is expected to meet local demand with the availability of flu vaccines, Dr. Ebangit recommends that community members not wait very long, as the flu outbreak can spread quickly throughout any community.

The best recommendation is to get vaccinated as soon as possible – and October is the best time to get vaccinated as it is at the beginning of the flu season.

Although contracting the flu virus is still possible for someone who has been vaccinated, Dr. Ebangit explains that symptoms are typically less severe than they are for someone who did not receive a flu shot.

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

**MORE**



## **Flu Prevention: Now is the Time to Get Vaccinated**

### **Page 2**

“Once you start to recognize flu-like symptoms, it is recommended that you take the essential precautions to protect yourself and others,” Dr. Ebangit says. “That means stay home, relax, and remain hydrated as these three actions can make a dramatic impact on your recovery.”

Individuals with underlying medical conditions should consult with their medical provider as early as possible to see whether they want to test for the flu and prescribe an antiviral drug.

When it comes to preventing the spread of the flu virus, it is recommended that individuals avoid close contact with those who are sick with the virus. Equally as important, if you suspect that you may be infected with the flu, you are encouraged to stay home.

Covering your mouth and nose when you need to sneeze or cough, frequently washing your hands to avoid spreading germs, and avoiding touching your eyes, mouth, and nose are other tips recommended 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 200,000 hospitalizations and 35,000 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](http://www.knoxhospital.org).

###