



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

## **Knox County Hospital Urges Flu Vaccines and Wellness Visits**

*Residents encouraged to stay healthy with preventive care and vaccinations.*

KNOX CITY, Texas (Dec 6, 2024) – As flu season begins and the year approaches its end, Knox County Hospital District (KCHD) is urging residents to prioritize both flu vaccinations and annual wellness visits to stay healthy. These preventive measures are critical for protecting against seasonal illness and detecting potential health issues early.

The flu poses a serious health risk, particularly to individuals with weakened immune systems, seniors, and young children. Each year, thousands of Americans are hospitalized due to flu-related complications. Flu vaccines, which are updated annually to match the viruses expected to circulate, are a simple yet effective tool for reducing the risk of illness. Vaccination also helps lessen the severity of symptoms for those who contract the flu despite being vaccinated.

“The flu vaccine is the best way to protect yourself and your loved ones from getting ill,” said Chris Scott-FNP, at the Munday Clinic, a service of KCHD. “Getting vaccinated early significantly reduces your risk of severe illness, even if you do contract the flu.”

According to the Centers for Disease Control and Prevention (CDC), everyone six months and older should receive the flu vaccine, especially individuals over the age of 65, pregnant women, and those with chronic health conditions. With flu outbreaks often spreading quickly, KCHD encourages residents to get vaccinated as soon as possible, ideally in October or early November. Flu vaccines are available at Knox City Clinic and Munday Clinic for \$25 or through most insurance plans.

In addition to flu prevention, KCHD is advocating for annual wellness visits as a cornerstone of comprehensive health management. These visits are designed to help detect early signs of serious conditions such as high blood pressure, diabetes, and cardiovascular disease. They also provide opportunities to discuss lifestyle changes, mental health concerns, and preventive measures like cancer screenings.

Annual checkups often serve as the foundation for a patient-provider partnership that focuses on individualized care and long-term health planning. Scott emphasizes that preventive care through regular wellness visits is essential to building a healthier community and addressing issues before they become severe.

Patients can prepare for wellness exams by reviewing their family health history, tracking any new

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symptoms, and compiling a list of medications and questions for their medical provider. During these visits, patients can update vaccinations, including flu shots, ensuring they are protected against preventable illnesses. “A wellness exam isn’t just routine—it’s a proactive step in maintaining your health and catching potential problems early,” Scott explained. “These visits often lead to life-saving interventions and provide patients with the tools to make informed health decisions.”

Preventive measures like flu vaccinations and wellness exams empower individuals to take control of their health. For those managing chronic conditions, annual checkups are particularly important as they provide an opportunity to monitor progress and adjust treatments to ensure symptoms are well-managed. The CDC notes that fewer than half of adults receive the preventive care they need, highlighting a significant gap in health management nationwide. KCHD remains committed to bridging this gap by educating the community and making these vital services accessible to all.

Knox County Hospital District has served the community since 1926, providing a wide range of healthcare services, including 24-hour emergency care, radiology, laboratory testing, physical therapy, and long-term care. With a focus on patient education and prevention, the district strives to help residents lead healthier lives. Whether it’s a flu vaccine, a wellness check, or managing chronic conditions, KCHD remains dedicated to supporting the health of Knox County residents.

To schedule a flu vaccination or an annual wellness visit, contact Knox City Clinic at 940-657-3906 or Munday Clinic at 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).

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