



Press Release
FOR IMMEDIATE RELEASE

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Flu Season Is Here — Protect Yourself and Those You Love

Knox County Hospital District reminds residents it's time for a flu shot

KNOX CITY, Texas (October 24, 2025) – While it may not feel much like fall yet in Texas, flu season has already begun making its way across the region. As families begin gathering indoors for football games, church events, and holiday activities, the Knox County Hospital District (KCHD) is reminding everyone that now is the ideal time to get protected from the flu. A simple flu shot can make the difference between a healthy winter and weeks of discomfort or even hospitalization.

“Every year, we see a noticeable rise in flu activity once the weather turns cooler and people begin spending more time together,” said Chris Scott, FNP at the Munday Clinic. “Getting vaccinated early gives your body time to build immunity before the flu virus becomes widespread in our community.”

This year’s flu vaccine has been updated by the Centers for Disease Control and Prevention (CDC) to better match the strains expected to circulate this season. According to health officials, vaccination remains the single most effective way to prevent serious illness, hospitalization, and missed work or school due to influenza.

A strong community begins with prevention

KCHD leaders emphasize that flu prevention is about more than individual health—it’s about community responsibility. “When more people are vaccinated, fewer people get sick,” said Stephen Kuehler, CEO. “That protects our seniors, our children, and those whose immune systems may be more vulnerable. It’s one of the most important and simple ways we can look out for one another.”

Even healthy adults can catch and spread the flu. But for seniors, pregnant women, young children, and individuals with chronic conditions such as diabetes, asthma, or heart disease, influenza can lead to severe complications. Hospitalizations peak in late fall and early winter, often overwhelming small rural facilities. “We want to help our community stay healthy and avoid preventable hospital visits,” Kuehler added. “Getting your flu shot today is a proactive step toward doing just that.”

Recognizing and responding to symptoms

Symptoms of the flu often appear suddenly and can include fever, cough, sore throat, body aches, and fatigue. Most people recover within a week or two, but the virus spreads quickly—often before symptoms develop. If you begin to feel sick, stay home, rest, and drink plenty of fluids.

“If you start feeling flu-like symptoms, it’s important to rest, stay hydrated, and avoid contact with

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others,” Scott said. “If symptoms become severe or you have underlying health conditions, reach out to your healthcare provider right away. Early testing and antiviral medication can help shorten recovery time and reduce complications.”

Combating flu myths

Despite overwhelming evidence of its effectiveness, misinformation about the flu vaccine persists. “One of the biggest myths we still hear is that the flu shot can give you the flu,” Scott noted. “That’s simply not true. The vaccine cannot cause infection—it helps your immune system prepare to fight off the virus if you’re exposed.”

Health experts also emphasize that vaccination is recommended for nearly everyone six months of age and older. The flu shot is safe for individuals with mild egg allergies and can be administered during the same visit as other vaccines, including COVID-19 or RSV shots.

Simple steps to prevent the flu

Beyond vaccination, KCHD encourages residents to take everyday precautions to reduce the spread of illness:

- Wash your hands frequently with soap and water for at least 20 seconds.
- Cover your mouth and nose when coughing or sneezing.
- Avoid close contact with anyone who appears ill.
- Disinfect frequently touched surfaces at home and work.
- Stay home when sick to prevent spreading germs to others.

“These habits might seem small, but they make a real difference,” **Kuehler** said. “When paired with vaccination, they form a strong defense against the flu and other respiratory illnesses that tend to increase this time of year.”

Easy access to protection

Flu vaccines are available at both the Knox City Clinic and Munday Clinic. Most insurance plans are accepted, and a self-pay option is available for just \$30 per shot. Patients with insurance are reminded to bring their insurance cards when they come in for vaccination.

“This is one of the simplest ways to stay healthy all season long,” **Scott** added. “A flu shot today helps keep you, your family, and your community strong through the winter months.”

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For more information about flu vaccinations or other local healthcare services, call the Knox City Clinic at 940-657-3906 or the 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.

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