



Press Release
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Still Time to Protect Yourself from the Flu

Knox County medical providers encourage vaccination and wellness exams as flu season continues

KNOX CITY, Texas (Jan. 30, 2026) — While many people associate flu season with the fall months, medical providers at Knox County Hospital District (KCHD) want the community to know that it is still a good time to get a flu shot. Influenza activity often continues well into late winter and early spring, making vaccination an important step in staying healthy.

“Flu viruses don’t follow a strict schedule,” said Chris Scott-FNP of the Munday Clinic. “We continue to see cases throughout the season, which means vaccination can still offer meaningful protection even now.”

The Centers for Disease Control and Prevention recommends annual flu vaccination for everyone six months of age and older. While earlier vaccination is ideal, health experts stress that receiving a flu shot later in the season can still reduce the risk of serious illness, hospitalization, and missed work or school.

“Many people think they’ve missed their chance,” Scott said. “But flu activity often peaks after the holidays. Getting vaccinated now can still help your body build immunity before you’re exposed.”

Flu symptoms often appear suddenly and may include fever, chills, cough, sore throat, body aches, headaches, and fatigue. While most people recover within a week or two, complications can be serious, especially for older adults, young children, pregnant women, and individuals with chronic medical conditions such as diabetes, asthma, or heart disease.

Even healthy individuals can become seriously ill from influenza. Vaccination remains the most effective way to prevent complications and reduce the spread of the virus throughout the community.

“Each flu season is different,” Scott explained. “Some years are mild, while others can be more severe. We encourage people not to take chances when protection is readily available.”

In addition to flu vaccination, Knox County Hospital District providers are encouraging residents to stay current on their annual wellness exams. These visits allow medical providers to monitor blood pressure, manage chronic conditions, review medications, and discuss lifestyle habits that affect overall health.

“A wellness exam gives us the chance to catch issues early,” Scott said. “We can talk about nutrition, exercise, heart health, diabetes prevention, and mental well-being. Preventive care plays a huge role in long-term health.”

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Wellness exams are also an opportunity to review family medical history, assess risk factors, and make sure patients are up to date on recommended screenings and immunizations. Detecting concerns early often leads to better outcomes and helps patients avoid more serious health problems down the road.

“Preventive visits allow us to build relationships with our patients,” Scott added. “When we know someone’s health history and goals, we can provide more personalized care and guidance.”

Flu shots are available at both Knox City Clinic and Munday Clinic. Most insurance plans cover annual flu vaccinations, and affordable self-pay options are available for patients without insurance. Insured patients are encouraged to bring their insurance cards to their appointment.

Providers also remind residents that simple habits such as frequent handwashing, covering coughs and sneezes, and staying home when sick can help reduce the spread of illness. However, vaccination remains the strongest line of defense.

“Prevention is always better than treatment,” Scott said. “A flu shot is quick, easy, and one of the best things you can do for your health this season.”

Knox County Hospital District encourages community members to use their flu shot appointment as an opportunity to schedule or discuss their annual wellness exam. These preventive visits help establish a plan for maintaining good health throughout the year.

“Taking care of your health shouldn’t wait until you feel sick,” Scott said. “Wellness exams help you stay ahead of problems and live a healthier, more active life.”

Flu vaccines and wellness appointments are available now through Knox City Clinic and Munday Clinic. To schedule an appointment or learn more, 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.