

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

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## **Eastland Memorial Reminds Residents to Get Flu Shots**

*Vaccine best precaution to take against influenza virus.*

EASTLAND, Texas (Nov. 23, 2015) – Although the flu season is just beginning, widespread outbreak typically begins in December and reaches its peak during February. Health officials in Eastland County are encouraging local residents to take a proactive approach against the contagious virus by getting vaccinated as soon as possible.

“There is a lot of information floating around online and in our community on how to prevent the flu, but the fact remains that getting vaccinated is the simplest and safest way to avoid your chances of getting the flu this season,” explains Gena McCormick, chief nursing officer and registered nurse at Eastland Memorial Hospital. “We currently have ample inventory of flu shots and we are ready to help strengthen our community.”

Flu vaccines are expected to work well this season because, unlike last year, they are closely matched with current strains of the virus.

McCormick says that she expects our local physicians and Eastland Memorial to be able to meet local demand, but did caution that individuals should not wait very long as the flu outbreak can spread quickly throughout any community.

According to the Centers for Disease Control and Prevention (CDC), 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.

“Nobody knows your body better than yourself, so if you suspect that you are coming down with the flu, it’s best that you stay home,” says Dr. Jennifer Tidroski, a Pediatrician in Eastland. “When those who have the flu stay home, they help cut down on the number of people exposed to the virus. It is also important to use that time to rest and drink plenty of fluids.”

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

“Children, seniors, and individuals with weakened immune systems should be especially cautious,” Dr. Tidroski adds. “Symptoms for these people could be extra dangerous.”

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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.

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.

For more information on the flu vaccinations, please call your local Eastland County medical provider.

### **About Eastland Memorial Hospital**

Eastland Memorial Hospital provides healthcare for those communities in Eastland County, Texas. Founded in 1952, Eastland Memorial Hospital offers a wealth of medical services including: 24-hour emergency care, advanced radiology services including CT scanning and MRIs, outpatient lab, physical therapy, surgical services, patient education, sleep studies, and more. For additional information, please visit [www.eastlandmemorial.com](http://www.eastlandmemorial.com).

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