



Public Information Release

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Get Your Flu Shot

Health experts in Madison County want everyone to get a flu shot this year. To help encourage more people to get vaccinated, for the second year in a row Madison County Public Health (MCPH) has changed how they offer flu shots. According to Health Commissioner Chris Cook, MCPH offers flu shots on a walk-in basis during regular business hours without an appointment. In previous years patients needed to visit the Health Department on special clinic days or make an appointment. "We wanted to make things more convenient for the public and especially families," Cook said about the change. "You can walk in to our office any weekday from 8:30am to 4:30pm and get your flu shot in just a few minutes."

The flu is a respiratory illness that sickens millions and kills thousands of Americans each year. According to the Centers for Disease Control and Prevention the flu causes anywhere from 12,000 to 56,000 deaths in the US depending on the severity of the season. Unlike a common cold, the flu usually comes on suddenly and is much more severe. Symptoms of the flu include feeling feverish, sore throat, cough, runny nose, body aches, and significant fatigue. Cook said that people often describe the flu as getting hit by a ton of bricks. "If you get the flu, it's typically not something you can just power through. It will take you down for a week," Cook said.

The flu shot is especially important for children, seniors, pregnant women, and anyone with a chronic medical condition. Cook said that data from the CDC shows that more than 90% of adults who are hospitalized due to the flu have at least one underlying chronic medical condition. "While everyone should get the flu shot, kids and seniors tend to be especially vulnerable to taking a turn for the worse if they get sick," Cook said. "About 20,000 kids are hospitalized each year due to the flu."

Getting a flu shot is the best way to protect yourself from the flu this winter. The flu season typically peaks during the months of December through February, making right now the best time to get the flu shot. Cook said that while there are a lot of places in the community to get a flu shot, he believes that his agency is the best choice. "We are the vaccine experts in the county. We have more than 125 years of combined experience giving vaccines," Cook said. "When citizens or medical providers have questions about vaccines, they call us."

Besides the flu shot, there are additional ways to help limit the spread of illnesses during the winter months:

- Cover your face with your arm when you cough or sneeze
- Wash your hands or use hand sanitizer
- Stay home if you get sick
- Clean your home and workspace often

Madison County Public Health is located at 306 Lafayette Street in London and accepts most insurances. No one is turned away due to inability to pay. If you have questions about flu shots or other vaccines you can contact MCPH at 740-852-3065 or at info@madisonpublichealth.org.

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Our Mission

We are committed to monitoring and responding to our community's health and wellness needs through innovative services, education, collaboration, and compassionate care.