



**Public Health**  
100 Polk County Plaza  
Suite 180  
Balsam Lake, WI 54810  
715-485-8500  
FAX 715-485-8501

Press Release

Immediate Release: 03/19/19

For more information contact: Therese Armour, PHN  
715-485-8500

### **Flu season is still here**

Polk County Health Department (PCHD) wants to let individuals and families know that flu season will last longer this year. The largest number of people sick from the flu is usually during the first week of February, but we think this season it will last to the end of March, if not longer.” said Therese Armour, Public Health Nurse at PCHD.

Earlier in the season a flu called A/H1 was common and causing more sickness among young people. At this time, a flu called A/H3, which is stronger, is causing more sickness in those 65 years and older. Although, both age groups can become sick from either type.

“H3 is covered by this year’s flu vaccine, so if you haven’t already, there is still time to get a flu shot,” Armour said. For questions about the flu shot call PCHD at 715-485-8500 and ask for Therese Armour.

Along with getting a flu shot, PCHD reminds everyone to stop the spread of flu and other illnesses by:

- Covering your cough and sneeze.
- Staying home if you are ill.
- Washing your hands often.

People who become very sick with flu-like symptoms should seek medical care.

###END###