

IREDELL COUNTY HEALTH DEPARTMENT

JANE HINSON, MS, BSN, RN
HEALTH DIRECTOR



Public Health
Prevent. Promote. Protect.

Iredell County Health Department

NEWS RELEASE

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Contact: Laurie Wilson, Public Information Officer
704-924-4089 Office
704-832-2396 Fax
laurie.wilson@co.iredell.nc.us

DON'T FORGO YOUR FLU SHOT THIS YEAR

The Iredell County Health Department works tirelessly to protect our community from contagious respiratory viruses such as COVID-19 and influenza. Public Health measures, like social distancing, staying home when sick or exposed, and masking while indoors, have become important tools in protecting our community. After experiencing a pandemic, we are more aware of prevention strategies and that work in reducing the spread of COVID-19 and the flu. This has reduced the time individuals are away from work, related illnesses, hospitalizations and death. With minimal flu activity last year and less natural immunity to the current strain, illness during this flu season could burden the already taxed healthcare systems.

The exact timing and duration of flu seasons can vary, but influenza activity often begins to increase in October. Most of the time, flu activity peaks between December and February, although activity can last as late as May. One thing is certain: the flu shot is your best protection and easiest way to reduce your chances of contracting the virus. It is important to note, getting a flu vaccine will not protect you against COVID-19; however, flu vaccination will reduce your risk for getting the flu and serious complications from the flu.

According to The Centers Disease Control and Prevention, it is possible to have the flu and COVID-19 at the same time but how often this may occur is unknown at this time. What we do know is that if more individuals receive the flu shot this year, there will be less people sick from the flu. This is extremely important, as we want to reduce the number of individuals who get the flu and then have to visit a physician, emergency department, and/or end up hospitalized.

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- fever or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- vomiting and diarrhea (more common in children than adults).

Central Office
318 Turnersburg Hwy
Statesville, NC 28625
704-878-5300

Mooresville Site
610 E. Center Avenue
Mooresville, NC 28115
704-664-5281

Environmental Health
349 N. Center Street
Statesville, NC 28677
704-878-5305 x3456

Vaccination is a vital tool in preventing influenza. **The Iredell County Health Department is now offering walk-in flu shots at the Statesville location between the hours of 8:15am - 4:30pm and until 5:30pm on Thursdays and by appointment only at the Mooresville location.** Appointments are accepted at the Statesville location, but not required. We accept Self-Pay, Blue Cross Blue Shield, Cigna, all Medicaid managed care plans, North Carolina Health Choice, and Medicare Part B. Please contact us at 704-878-5300 for information regarding the flu or insurance coverage or visit <https://www.cdc.gov/flu>

Iredell County does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services.

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