

**(Neb.)-Flu Season In Full Effect In Chadron**

By: Jeremy Anderson Posted at: 01/09/2013 02:27 PM

(Chadron)-With the influenza season in full force, the state of Nebraska has already seen two deaths this year. Influenza is a highly infectious disease of the lungs that can cause mild to severe illness and lead to death.

There have already been reports of influenza in Chadron, but according to the director of nurses at Chadron Community Hospital they are ready to combat this year's flu season.

The medical clinic is already out of influenza vaccines, but they are available at Western Community Health Resources, Safeway, and Peterson's Drug.

When looking for signs of influenza you may experience fever, cough, sore throat, fatigue, chills and achiness. Those most at risk are young children, adults over the age of 65, and pregnant women.

Individuals can reduce their risk of getting and spreading influenza by staying home when they have symptoms and by avoiding people who have symptoms. It's also recommended that individuals wash hands thoroughly and frequently, and cover their mouths and noses with a tissue or sleeve when they cough or sneeze.

For more information on influenza and how to fight the flu visit the Panhandle Public Health District online at [www.pphd.org](http://www.pphd.org).

(Questions? Comments? E-mail [jeremy@chadrad.com](mailto:jeremy@chadrad.com).)

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