



Forest County Health Department  
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Dear Parents,

There has been a recent increase in area school-age children testing positive for Influenza A. To help avoid the flu, avoid close contact with those who are sick. Practice good hand washing with both soap and warm water, or use an alcohol based hand sanitizer. Clean and disinfect surfaces, and avoid touching your eyes, nose, and mouth. Other recommendations include getting enough sleep, drinking plenty of water, maintaining a diet high in nutrients, and managing stress.

We would like to take this opportunity to encourage you to get your child vaccinated against the flu if he/she has not already been vaccinated. The Wisconsin Department of Health Services recommends that people get the flu vaccine by the end of October, but getting vaccinated throughout the flu season can still be helpful. Keep in mind that it takes about two weeks after getting the flu vaccine for antibodies that protect against the flu to develop in the body.

Those that are at greatest risk of complications from the flu are young children, pregnant women, people over the age of 65, and those with chronic health conditions such as asthma and heart disease. It is especially important for these groups to get vaccinated to decrease their risk of severe flu illness. Children under the age of 6 months are too young to be vaccinated, but are at high risk of serious flu illness.

There is a limited amount of Flu vaccine available at The Forest County Health Department, the Forest County Potawatomi Health and Wellness Center, the Sokaogon Chippewa Clinic and at Ascension/Crandon Clinic. If you have any questions, please call the Forest County Health Department at 715-478-3371.

Thank You-

The Forest County Health Department