

HEALTH SERVICES – INFLUENZA (FLU)

What is the Flu? – Influenza (flu) is a contagious respiratory illness caused by the influenza virus. The virus attacks the nose, throat, and lungs. It is NOT the “stomach flu”. The flu can in most cases be prevented by an annual vaccination.

How is the flu spread? – The flu is spread when an infected person who has the flu coughs or sneezes and sends the flu virus into the air. The virus enters the nose, throat, or lungs of a person and multiplies in their body. Flu also can be spread when a person touches the surface of an object that has flu viruses on it. The virus then enters the body when someone touches their nose, eyes, or mouth.

What are the symptoms of the flu? – Symptoms include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Children can also have nausea, vomiting, and diarrhea.

What should you do if you suspect you have the flu? – Seek medical attention. Your physician may prescribe a medicine that can shorten the length of your flu symptoms. Additional treatments include: stay at home, drink plenty of fluids, cover your mouth when coughing or sneezing, wash your hands frequently, and treat the fever.

***DO NOT USE ASPIRIN OR ANY OTHER MEDICATIONS THAT CONTAIN ASPIRIN OR SALICYLATES FOR FEVER OR SYMPTOMS THAT ACCOMPANY CHICKENPOX OR INFLUENZA (FLU).** Many drugs contain these ingredients, so you MUST read all labels carefully. A very serious complication can develop called Reye’s Syndrome if aspirin is taken.*

Where can I get a flu shot?- In an effort to provide our community with convenient options, the district has partnered with Aurora Concepts to offer an onsite flu clinic annually at one of our campuses that is open to the public. Please contact one of our offices to receive further information regarding these clinics.

There are also multiple locations providing health services in our area where you can receive the flu vaccination. Reach out to your local neighborhood pharmacy regarding flu shot availability. We have listed some locations on the following page for your convenience, however, you can go to [Vaccines.gov - Search for flu vaccine locations](https://www.vaccines.gov) and search for locations closest to you according to your zip code.

Site	Address	Phone Number	Website
Walmart Supercenter #827	603 E Highway 243, Canton TX 75103	903-567-6578	Walmart Supercenter in Canton, TX Grocery, Electronics, Toys Serving 75103 Store 827
CVS Pharmacy Store #7466	1215 S Trade Days Blvd Canton, TX 75103	903-567-6578	CVS Pharmacy at 1215 S Trade Days Blvd Canton, TX 75103 CVS Pharmacy
Brookshire's Pharmacy #32	880 E. State Highway 243 Canton, TX 75103	903-567-6523	Schedule Appointment with Brookshire Grocery Company (acuityscheduling.com)
Bulldog Pharmacy	115 North Houston Street, Edgewood, Texas 75117	(903) 385-1122	Book Tests\Vaccines (bulldogpharmacy.com)
Brookshire's Pharmacy #33	205 W Frank St. Grand Saline, TX 75140	903-962-4063	Schedule Appointment with Brookshire Grocery Company (acuityscheduling.com)