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Public Health
Prevent. Promote. Protect.

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With a new flu season fast approaching, health officials are reminding people of the toll last year's season took on Wisconsin residents, and encouraging everyone to get a flu shot to protect their families, communities, and themselves.

The Sauk County Health Department urges everyone to take action now to prevent becoming ill from influenza by taking these preventive measures:

- Get vaccinated. Everyone 6 months of age and older should get a flu vaccine.
- Practice good cough hygiene by using a tissue or upper sleeve or elbow, not your hands.
- Wash your hands regularly. Avoid touching your eyes, nose or mouth.
- Clean and disinfect frequently touched surfaces.
- Stay home if you develop symptoms of influenza – fever, cough, body aches, and weakness, until 24 hours after the fever is gone.
- Contact your medical provider to determine if antiviral medication is recommended if you become ill

Contact your medical provider today to get vaccinated if you have not done so. If you do not have health insurance, and need the vaccine, contact the Sauk County Health Department for assistance. 608-355-3290