

Fond du Lac Human Services Division

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We are in the midst of the flu and cold season, which has affected our community in the past week or two. American Indians/Alaska Natives (AI/AN) in particular are at high risk for flu complications:

- Flu is a leading cause of pneumonia.
- Flu and pneumonia rank among the top 10 causes of death for AI/AN.
- AI/AN are more likely to die from pneumonia and flu than other races.
- The flu poses greater risk to elders, pregnant women, and people with diabetes, obesity, heart disease, asthma, or lung problems.

Even if you are healthy, getting your flu shot can protect those around you, such as elders and young children, from being exposed to the flu virus. The flu vaccine is safe. You can't get the flu from the flu vaccine.

Please make sure you are covering any coughs, doing regular hand washing and wiping down surfaces.

If you are experiencing flu like symptoms, or acute cold symptoms, do not attempt to go to work, or attend public gatherings, as you risk spreading your illness to others. Stay home, take care of yourself and get better.

If you somehow have not gotten your flu shot this season, please do so.



Charles Kendall, MD
Medical Director