For Immediate Release

MCHD can come to your business to provide flu vaccines to employees

MORGANTOWN, WV (Oct. 15, 2018) — Influenza shots are now available at Monongalia County Health Department’s Clinical Services. But businesses that have at least 20 employees who need flu shots can call MCHD Clinical Services to have a nurse come to your location to provide inoculations.

“We’ve always done this but we are expanding the program this year,” said Jennifer Goldcamp, director of nursing at MCHD Clinical Services.

Insurance information will be collected during a “Flu-Out” event at a business, Goldcamp noted. So far, about 10 businesses have had MCHD Clinical Services come to their location to provide vaccines to employees.

“We can do it as long as we have flu vaccine,” Goldcamp said.

The best way to prevent getting influenza is by getting the flu vaccine. Employees who can get one in the workplace can save a trip. Lowering the chance of getting the flu also means fewer missed days of work as well as fewer employees who come in sick and spread illness to others.

Flu is caused by influenza viruses, and this can lead to anything from a mild to serious respiratory illness. The most severe cases of the flu can result in hospitalization or death.

The 2017-2018 flu season was considered extremely severe and resulted in high levels of outpatient clinic and emergency visits as well as hospitalizations, according to the Centers for Disease Control and Prevention (CDC.gov). Last year’s flu season peaked in November and remained elevated through March. In West Virginia, flu season can last into April and May.
CDC recommends that just about every person age 6 months and over should be vaccinated to prevent contracting the illness. People at high risk for flu include children, the elderly and people with compromised immune systems.

Most people who get flu will recover in a few days to less than two weeks. But flu can cause some people to develop complications such as pneumonia. Some of these complications can require hospitalization and can be life-threatening and result in death.

Flu can be contagious even before you have been properly diagnosed. The illness spreads through coughing, sneezing and talking. In addition to vaccination, other precautions you can take to prevent getting the flu include: stay home when sick, cover your mouth and nose when you sneeze and cough and properly wash your hands with soap and warm water for at least 20 seconds.

According to CDC.gov, common flu symptoms include: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue as well as sometimes diarrhea and vomiting.

The goal is to get people vaccinated in October, Goldcamp said. The vaccine takes 10 days to become fully effective. Flu season is ramping up now and once Thanksgiving arrives, people will begin getting together for the holidays and can more easily spread illnesses to each other.

Flu shots are now available at MCHD Clinical Services or by scheduling a Flu-Out. Call 304-598-5119 to schedule an appointment or a time when public health nurses can come to your business to provide influenza protection at your workplace.

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