



FOR IMMEDIATE RELEASE

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Amy Phelps, Public Information Officer

Amy.j.phelps@wv.gov

Cell phone: 304-588-9697

Sept. 17 is Get Ready for Flu Day

As summer begins to transition to fall, the Mid-Ohio Valley Health Department wants to remind the community that now is the time to make plans to get your flu vaccine.

"Respiratory virus season generally happens when the weather becomes cooler, and people begin to spend more time indoors," said Amy Phelps, public information officer for the MOVHD. "With Sept. 17 being Get Ready for Flu Day, now is the perfect time to make an appointment to get your flu vaccine."

The CDC recommends everyone six months or older to get their flu vaccine every year to help them reduce the risk of having severe complications from the virus. Those that are 65 and older, pregnant women, young children, and people with an underlying medical condition are at higher risk. During an average flu season, the CDC says the virus can cause millions of illnesses, hundreds of thousands of hospitalizations and tens of thousands of deaths.

While getting the flu vaccine is still the best way to keep from having a severe case of the flu, you can also reduce the risk of getting a case by following healthy habits. If you are sick, avoid

close contact with others, stay home from work or school if at all possible and cover your mouth and nose when you cough or sneeze. During flu season, make sure to wash your hands often and avoid touching your eyes, nose or mouth to help protect yourself from germs. Clean frequently touched surfaces such as countertops, handrails and doorknobs. You can also improve air quality by opening windows and using an indoor air purifier.

To make an appointment with the Mid-Ohio Valley Health Department, in Wood County call 304-485-7374. To make an appointment in Calhoun County, call 304-354-6101. To make an appointment in Pleasants County, call 304-684-2461. To make an appointment in Ritchie County, call 304-643-2917. To make an appointment in Roane County, call 304-927-1480. To make an appointment in Wirt County, call 304-275-3131.

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The Mid-Ohio Valley Health Department serves Wood, Wirt, Calhoun, Pleasants, Ritchie and Roane Counties. Visit the website, movhd.com for more information. Follow them at Mid-Ohio Valley Health Department MOVHD on Facebook and @MOVHealthDept on Instagram and Twitter.