

October 2025

Volume V, Issue IIII



The County Pulse

Quarterly

INFLUENZA (SEASONAL)

What You Need To Know About Influenza?

Influenza or flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.

Flu Symptoms

Influenza can cause mild to severe illness, and at times can lead to death. Flu symptoms usually come on suddenly. People who have flu often feel some or all of these symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)

Some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with flu will have a fever.



October

Texas Influenza Awareness Month
Breast Cancer Awareness Month
October 4th – Saturday Clinic
appointment required
October 5th – World Meningitis Day

November

November 1st – Saturday Clinic
appointment required
Nov. 11th – Closed for Holiday
Nov. 27th & 28th – Closed for Holiday



December

National Influenza Vaccination Week (NIVW)
Dec. 1st – 7th
Dec. 6th – Saturday Clinic
appointment required
December 1-7: National Handwashing Awareness Week
Dec. 24th – 26th – Closed for Holiday



Hunt County Health Department
Medical Services Clinic
4907 Stonewall Street, Unit A
Greenville, TX 75401
Phone: 903-455-4433
Fax: 903-455-4956

Email: healthclinic@huntcounty.net

FLU FACTS FOR PEOPLE WITH CHRONIC CONDITIONS

People with cardiovascular disease who get sick with the flu are:



~6-10X MORE LIKELY TO SUFFER A HEART ATTACK within the first 3-7 days after getting the flu

~8X MORE LIKELY TO SUFFER A FIRST STROKE in the first 3 days after getting the flu

People with diabetes who get sick with the flu have:



3X THE RISK OF HOSPITALIZATION

4X THE RISK OF ICU ADMISSION

2X THE RISK OF DEATH

People with lung disease who get sick with the flu risk:



**ASTHMA
ATTACKS**

**COPD
FLARE-UPS**

PNEUMONIA

If you have flu symptoms, get tested. Your provider may prescribe antivirals to treat the illness. Prompt treatment is especially important for people with chronic conditions who have a higher risk of flu complications.

GET VACCINATED TO HELP REDUCE COMPLICATIONS CAUSED BY THE FLU VIRUS



To learn more, visit www.familiesfightingflu.org



Texas Influenza Awareness Month



Get Your Flu Shot

Flu season is here, and the best way to stay healthy is by getting vaccinated. Let's keep our community healthy this flu season. Help prevent the spread of the flu.

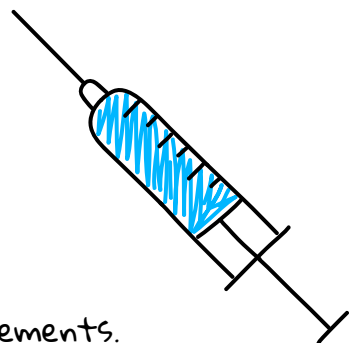
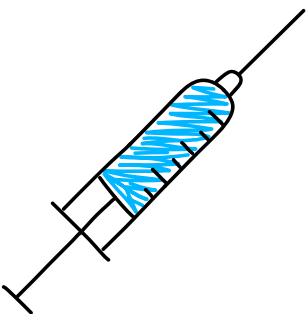
HUNT COUNTY EMPLOYEE YEARLY INFLUENZA VACCINE CLINICS

**Tuesday
October 14th
2nd Floor**

**Hunt County Courthouse
Time: 9am - 11am**

**Tuesday
October 14th, 2025
Sheriff's Office (Jail)
Time: 4:30pm - 6:30pm**

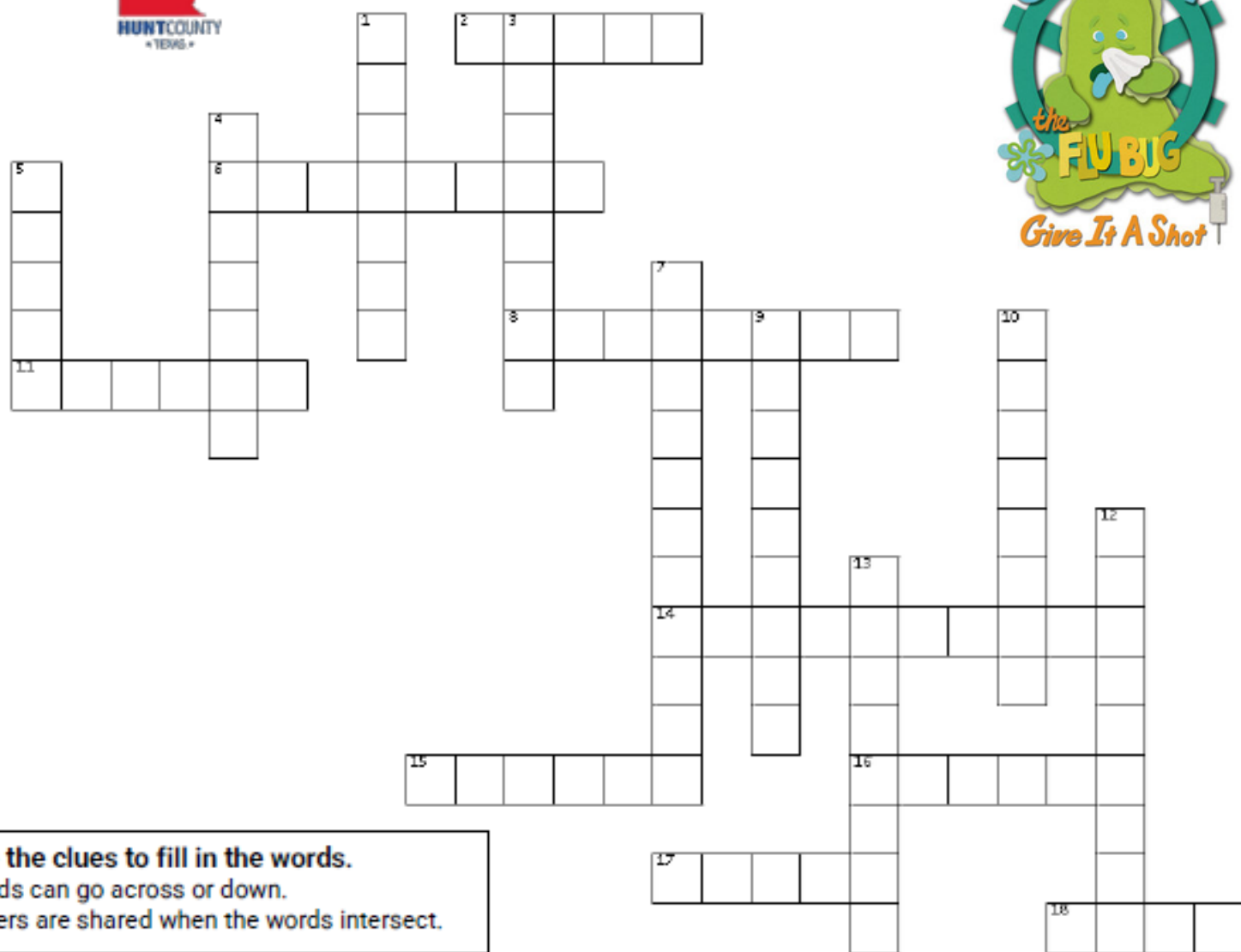
**Thursday
October 16th, 2025
Sheriff's Office (Jail)
Time: 4:30pm - 6:30pm**



Can't come to any one of these clinics, call us to make arrangements.



Texas Influenza Awareness



Use the clues to fill in the words.

Words can go across or down.

Letters are shared when the words intersect.

Across

2. An abnormally high body temperature.
6. A blood protein produced in response to and counteracting a specific antigen.
8. The ability of an organism to resist a particular infection or toxin.
11. The season succeeding winter and preceding summer.
14. Nasal passages swollen between summer and winter.
15. The feeling of being cold, though not necessarily in a cold environment.
16. The season between summer and winter.
17. An act, the sound of coughing.
18. The smallest structural and functional unit of an organism

Down

1. Extreme tiredness resulting from mental or physical stress.
3. A widespread occurrence of an infectious disease in a community at a particular time.
4. A preparation that provides active acquired immunity to a particular infectious disease.
5. A non-living collection of molecules that need a host to survive.
7. Soreness and achiness in the muscles that can range from mild to severe.
9. A highly contagious viral infection of the respiratory passages.
10. An epidemic of an infectious disease that has spread across a large region.
12. Excess drainage from the nose and nasal passages.
13. A painful sensation in any part of the head, ranging

NATIONAL INFLUENZA VACCINATION WEEK

**D
E
C
E
M
B
E
R**

1-6

**2
0
2
5**

A H A R D S H I P R N N R D C
Q Z A N N U A L L Y O V E T O
C Q N S G N U L G I I A S N M
G O U E G K E B T N T C P A P
I V N R U U M C Q H A E I T L
J M U T G L E P R Y N S R C I
R Z M I A T F I A E I A A E C
L E T U O G M N I L C H T F A
D A V R N Z I G I H C G O N T
F C P E Z I Y O R S A U R I O
W U D O F H T L U U V O Y S N
F X D F N F J Y S S C C Z I S
G N I H S A W D N A H F X D W
V I R U S Y T I N U M M O C B
C O M M U N I C A B L E K H E

ANNUALLY
DEATH
HANDWASHING
IMMUNITY
PROTECTION
VACCINATION

ABSENCES
COUGH
FEVER
HYGIENE
LUNGS
SNEEZING

CONTAGIOUS
FATIGUE
HARDSHIP
INFLUENZA
RESPIRATORY
VIRUS





TRAVELING

Plan ahead because some vaccines require multiple doses.

International travel increases your chances of getting and spreading diseases that are rare or not found in United States. Find out which travel vaccines you may need to help you stay healthy on your trip by visiting [Destinations | Travelers' Health | CDC](#) or giving us a call.

Currently offering:
-Yellow fever
-Typhoid



Give us a call and schedule those travel vaccines:
903-455-4433



The Funny Bone

Patient: "Doctor, I broke my arm in two places."

Doctor: "Stop going to those places."

What did the doctor say to the rocket ship?
"Time to get your booster shot!"

What kind of apple isn't an apple?
A pine-apple!

THE IMPORTANCE OF HANDWASHING

- Handwashing is a crucial practice for preventing the spread of germs and illnesses.
- It involves thoroughly cleaning your hands with soap and water, which helps remove dirt, grease, and pathogens like bacteria and viruses.
- Regular handwashing is especially important before and after eating, after using the restroom, after touching potentially contaminated surfaces, and after caring for someone who is sick.
- Consider using hand sanitizer when soap and water are not available.





VACCINES AREN'T JUST FOR KIDS! ADULTS NEED THEM TOO!!!

We have vaccines for everyone. Those with NO insurance as well as private health insurance.
Give us a call to get more information or to schedule an appointment.

ASN Program

The Texas Department of State Health Services set up a program called Adult Safety Net (ASN) to assist adults without health insurance in getting vaccinated. This helps protect them from diseases that vaccines can prevent. It's crucial for adults to get vaccinated not just for their own health but also to prevent spreading illnesses to others, especially young kids. If you're 19 or older and uninsured, you can access these vaccines at a low cost.

VACCINES AVAILABLE:

- Hepatitis A vaccine
- Hepatitis B vaccine
- Hepatitis A & Hepatitis B combination
- Measles, mumps, and rubella (MMR) vaccine
- Meningococcal ACWY (MCV4) vaccine
- Tetanus, diphtheria, and pertussis (Tdap) vaccine

Private Vaccines

We also have vaccine for those with private insurance. Verification of health insurance prior rendering service is done for all clients.

VACCINES AVAILABLE:

- Hepatitis A vaccine
- Hepatitis B vaccine
- Meningococcal ACWY vaccine
- Tdap vaccine
- Varicella vaccine
- Shingles vaccine
- Influenza
- Pneumococcal 20
- HPV9



CALL TO SCHEDULE YOUR APPOINTMENT AT 903-455-4433.

TEXAS PUBLIC HEALTH SUMMIT 2025

Lone Star >> OUTLOOK

Infectious Disease Preparedness for 2050

The Hunt County Health Department Medical Services staff recently had the opportunity to attend the 2025 Texas Public Health Summit (TXPHS25), where public health professionals, industry leaders, and subject-matter experts came together to explore the future of infectious disease preparedness in Texas. This year's theme, Lone Star Outlook: Infectious Disease Preparedness for 2050, invited attendees to reflect on key milestones, examine today's challenges, and look ahead to the innovations shaping our future.

The summit featured keynote speakers and three dynamic panel discussions centered around the themes of technology, transmission, and trust – each offering forward-thinking insights into how Texas can stay ahead of emerging infectious disease threats.

Staff engaged in conversations, networked with other public health professionals and had the opportunity to ask questions to help prepare for the future of public health in our community.

