



Flu Season is Here!

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Each flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others.

Two Flu Clinics!

FOR SENIORS:

Monday, Oct. 3rd
Senior Luncheon
@Ouray Community
Center
11AM-Noon

FOR GENERAL PUBLIC:

Tuesday, Oct. 4th
4-H Center in
Ridgway
8:30AM-2PM

Contact Public Health
@970-325-4670 for an
appointment



Click the link to learn facts about the flu
[KEY FACTS HERE!](#)

For frequently asked questions and
answers about the flu [CLICK HERE!](#)

**DON'T FORGET! Your local Farmer's
Market is still open**

[Ridgway Farmer's Market in Hartwell Park](#)

Fridays 10:00am - 3:00pm
May 27 - October 14, 2016



Please, contact your Wellness Health Educator, Tanner Kingery, with
any questions or concerns at Public Health 970-325-4670