

# Emergency Preparedness

**Some thoughts from David Elliott, Emergency Management Director**

**Town of Woodstock, CT**

**January 19, 2018**

This year the flu has been especially bad with over 20 deaths in Connecticut so far. Please make sure to wash your hands as it is the easiest and first line of defense against contracting the flu. If you are feeling sick with fever, chills, nausea, and body aches please report these symptoms to your doctor as soon as possible. Medications such as Tamiflu can shorten the length of the illness. There are also precautions you can take in the form of the flu shot. If you feel that is right for you, please contact your doctor or local pharmacy. I have included a link to the CDC for other ideas on getting through this flu season.

<https://www.cdc.gov/flu/protect/preventing.htm>

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