



ST. JOSEPH COUNTY
DEPARTMENT OF HEALTH
Prevent. Promote. Protect.

St. Joseph County Department of Health

"Promoting physical and mental health and facilitating the prevention of disease, injury and disability for all St. Joseph County residents"

St. Joseph County Reports Increase in Seasonal Influenza Activity

St. Joseph County health officials are reporting a 4-fold increase in seasonal influenza (flu) activity compared to the same time period in 2021. The St. Joseph County Department of Health and local health systems collaborate to monitor positive influenza cases within the local health systems. We compare these data to similar data from prior flu seasons.

Influenza (flu) is a contagious respiratory illness caused by viruses that infect the nose, throat, and lungs. Flu symptoms can range from mild to severe and include fever, cough, sore throat, runny or stuffy nose, muscle/body aches, headaches, and/or fatigue. Individuals over the age of 65, individuals with certain chronic medical conditions, infants and toddlers are at risk for severe illness.

To prevent infection with the flu, we encourage everyone 6 months of age and older to get a flu vaccine and remain at home if not feeling well. Flu vaccine is available at the St. Joseph County Department of Health Immunization South Bend clinic (227 W. Jefferson Blvd., 9th floor, South Bend, IN 46601) on Monday-Friday, 8:00 am -12:00 pm and 1:00 pm to 4:00 pm and at the Mishawaka clinic (219 Lincolnway W, Mishawaka, IN 46544) Monday-Thursday, 8:00 am -12:00 pm and 1:00 pm to 4:00 pm.

To monitor flu activity in St. Joseph County and the state of Indiana, please visit the Indiana Department of Health's Influenza [dashboard](#).

For media inquires specific to this release, contact *Cassy White, Director of Health Equity, Epidemiology, and Data* at cwhite@sjcindiana.com or (574) 235-9750 ext.7959.

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