



Press Release

Nash County Health Department
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For Immediate Release

Nash County Health Department Urges Residents to Get Flu Vaccine as State Activity Reaches “Very High” Level

NASH COUNTY, N.C. — With flu activity now classified as very high across North Carolina, the Nash County Health Department is urging residents to protect themselves and others by getting vaccinated against influenza as soon as possible.

On December 30, 2025, the Centers for Disease Control and Prevention elevated North Carolina’s flu activity level from high to very high. Health officials are concerned that local vaccination rates remain low, with the North Carolina Immunization Registry estimating only 15.25 percent of Nash County residents have received a flu shot this season.

“It’s not too late to get the flu vaccine,” said Bill Hill, director of Nash County Health and Human Services. “Flu season typically lasts well into the spring. Getting vaccinated now can still reduce the risk of serious illness and hospitalization. Vaccination not only helps protect you, but also helps slow the spread of flu in our community, especially among older adults and young children.”

Residents who do not have a healthcare provider may schedule a flu shot appointment at either Nash County Health Department clinic by calling 252-459-9819 (Nashville) or 252-446-0027 (Rocky Mount). Children and pregnant adults may be eligible for state-funded flu vaccines at no cost. Nash County Health Department clinics accept private insurance, Medicaid, and Medicare. For uninsured adults, the regular-dose flu vaccine costs \$54, and the high-dose vaccine costs \$115.

The rise in flu cases is contributing to increased strain on healthcare systems statewide. On December 17, 2025, the North Carolina Department of Health and Human Services

reported that 10.8 percent of emergency department visits were related to respiratory virus symptoms, with 1,446 related hospital admissions during the same week.

Between December 21-27, 2025, ECU Health recorded more than 500 positive Influenza A tests. In response, ECU Health has implemented temporary masking requirements for team members and visitors during patient-facing interactions. UNC Health Nash Emergency Department has also limited visitation to one visitor per patient due to space constraints.

In addition to vaccination, residents can reduce the spread of flu and other respiratory illnesses by:

- Frequent handwashing with soap and water
- Avoid touching the face, especially the eyes, nose, and mouth
- Cover coughs and sneezes with a tissue; dispose of it immediately
- Stay home if symptoms appear, except to seek medical care, to prevent spreading the virus
- High-risk individuals should speak to their provider quickly about testing and the possibility of antiviral treatment, which is most effective when it is started within two days of symptom onset

Flu symptoms may include:

- Fever or chills
- Cough, shortness of breath, or difficulty breathing
- Fatigue, sore throat
- Runny or stuffy nose
- Muscle aches, headache
- Nausea, vomiting, diarrhea (in some cases)

For additional information on flu prevention and care, visit flu.ncdhhs.gov.

About the Nash County Health Department

The Nash County Health Department serves residents of Nash County, North Carolina by providing a valuable and diverse range of public health services focused on the early detection and treatment of health problems, disease prevention, and the promotion of healthy lifestyles. Through clinical care, prevention programs, health education, and community partnerships, the department works to protect public health, reduce the spread of disease, and support the overall well-being of individuals and families across the county.

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