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## (Wyo.)-Flu Season Comes On Strong In Wyoming

By: Roxie Graham-Marski Posted at: 01/09/2013 12:03 PM



CHEYENNE, Wyo. (AP) - State health officials are reporting a surge in influenza cases across Wyoming.

Clay Van Houten with the Wyoming Department of Health says the number of flu cases is higher than at any point during the bad flu season of 2009-2010. That was the season of the H1N1 swine flu pandemic.

Flu is caused by a virus. Symptoms include fever, headache, sore throat, runny or stuffy nose, tiredness and achy muscles.

Getting a flu shot is one way to prevent flu, but health officials point out that a flu shot can take a couple weeks to be effective.

Frequent hand-washing and staying home if you've got flu can help keep the virus from spreading. Health officials also recommend lots of rest and drinking lots of liquids if you get the flu.