

Flu in Watauga- and spreading fast

Written by

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Yesterday we reported that no cases of the flu had been confirmed in Watauga County. That's no longer the case.

Our own achy John Roten is home sick with the flu. In fact, there have been just under a dozen cases confirmed since Friday.

A flu vaccine is the best way to prevent the virus.

"In hindsight, yeah, I think a flu shot would have been the best choice," Roten says.

If you think you have the flu, follow Roten's example and stay home so as not to infect your coworkers.