



Public Health Sauk County

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Influenza Rates Keep Rising – Public Health Sauk County Says It’s Not Too Late to Get Vaccinated

Sauk County, Wis— Public Health Sauk County is urging people to get their annual flu vaccine. Although it is later in the season, Wisconsin is still experiencing very high rates of influenza. In Sauk County, there have been 55 influenza-related hospitalizations since the start of 2025. This is 9 times the number of hospitalizations seen during this same time last year. According to the Wisconsin Department of Health Services, 32% of Sauk County residents have received a flu vaccine for the 2024-2025 flu season, which is currently lower than last year’s rate.

Anyone can get sick with flu, but some groups are at a higher risk of becoming seriously ill, including children younger than 5 years old, adults 65 and older, people with chronic medical conditions, and pregnant people.

Flu symptoms can include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Tiredness
- Some people may have vomiting and diarrhea, though this is more common in children

Most people who get the flu have mild illness. However, some people can develop complications, some of which can be life-threatening and result in death.

If you experience these warning signs of flu complications, seek medical care right away:

- Difficulty breathing, shortness of breath, or fast breathing
- Bluish lips or face
- Chest pain
- Dizziness, confusion, or inability to arouse
- Severe weakness or unsteadiness
- Severe muscle pain
- Dehydration
- Seizures
- Fever above 104 degrees Fahrenheit
 - In children younger than 12 weeks, any fever
- Fever or cough that improves, but then returns or worsens

“With flu rates on the rise, it is more important than ever to protect yourself and those around you by getting vaccinated,” says Shelly Beschta, Public Health Nurse and Infection Preventionist for Public Health Sauk County. “If you are sick, please stay away from others as much as possible until you feel better. If you must leave home while sick, take preventive action to stop the spread of germs. Cover coughs and sneezes and wash your hands often.”

Resources/For More Information:

- Wisconsin Respiratory Illness Dashboard: <https://www.dhs.wisconsin.gov/disease/respiratory-data.htm>
- CDC Flu Information: <https://www.cdc.gov/flu/index.html>
- Find a flu vaccine near you: www.vaccines.gov.

Public Health Sauk County offers routine immunizations by appointment. Call 608-355-3290 to set up your appointment. A parent or guardian’s written consent is required for all children under 18 years. Eligibility: Vaccines are free for children 18 and under without health insurance or vaccine coverage; individuals who are Medicaid eligible or uninsured; and for American Indians or Alaska Natives. Adult vaccines are available to anyone 18+ without health insurance.

About Public Health Sauk County

Public Health Sauk County supports the well-being of all people in our community. Through wellness programs, environmental health initiatives, and a focus on creating systemic change, we cultivate healthier places and people so Sauk County can thrive. For more information on our programs and services, visit <https://www.co.sauk.wi.us/publichealth>.

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