

FLU CONTINUES TO PLAGUE THE REGION

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Classes have been canceled at a public school district in the Lake Cumberland region of Kentucky.

WTVF-TV in Nashville, Tenn., reported there was no school scheduled Thursday in Cumberland County, Ky., because of widespread illness.

The school district, based in Burkesville, operates an elementary school, a middle school and a high school.

If you thought flu season was over, think again. It's only just now hitting its stride.

But it's not too late to get vaccinated. Many county health clinics are even offering the vaccine for free.

Dr. Kelly Moore is the medical director of the Tennessee Immunization Program. She said flu season usually peaks in January or February, but vaccinations tend to drop off sharply after Thanksgiving.

The vaccine is especially important for people who run a high risk of developing serious complications. That includes pregnant women, children under 2 years old and adults aged 65 or older. The last group accounts for 90 percent of the deaths from seasonal flu each year.