

CDC: Flu season at epidemic levels

By Cynthia H. Craft, Sacramento Bee

Flu is hitting hard, and even though vaccinations might not target the specific strain of the virus currently going around, experts still urge people to receive the shots.

The nation's top public health agency declared a flu epidemic Tuesday, warning residents to exercise caution in public spaces and use good, basic sanitary habits. And even though it may miss the dominant flu strain this year, experts continued to urge people to get the flu shot, saying that it certainly can't hurt.

Infectious disease experts in the Sacramento region confirmed that influenza activity has been on an uptick here during the past two weeks.

But, as in past years, the flu has hit states east of the Rockies the hardest early on in the season, giving Californians advance notice of just how harsh an outcome to expect.

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