



FOR IMMEDIATE RELEASE

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### **National Influenza Vaccination Week aims to raise awareness**

It's never too late to get a flu shot, and what better time to protect yourself than National Influenza Vaccination Week, Jan. 10 – 16? The Kane County Health Department is reminding residents that, although H1N1 activity in our community is down from a month ago, it still is circulating and making people sick.

“The flu is unpredictable, and we’re concerned that we may see another upswing in cases in the next month or two,” Paul Kuehnert, Kane County Health Department Executive Director, said. “History has shown that these pandemics often come in three waves; we had one wave in the spring and one in the fall. If history can be our guide, we need to be prepared for another wave as the winter progresses.”

Now that the H1N1 vaccine is widely available and being offered to everybody, it has never been easier to protect yourself. The H1N1 vaccine is available at private health care providers, pharmacies, clinics, hospitals, as well as through the Health Department. Private health care providers may charge an administrative fee for the vaccine, but it is free of charge through the Health Department. To make an appointment at the Health Department, residents can call (630) 723-5414 24 hours a day, seven days a week.

In addition to getting vaccinated, residents can take other steps on their own to prevent the flu, such as covering your cough, washing your hands frequently and staying home if you are sick. More information on preventing the flu is available at [www.kanehealth.com](http://www.kanehealth.com) and at [www.flu.gov](http://www.flu.gov).

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