



December 5, 2016
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Get a flu shot during National Influenza Vaccination Week and stay healthy for the holidays

The Kane County Health Department urges anyone who has not yet received a flu shot to get one as soon as possible. December 4-10, 2016 is National Influenza Vaccination Week, a national observance to highlight the importance of influenza vaccination. While many people typically get the flu vaccine in early fall, flu activity usually peaks between December and March, a time when people are with families and out in their communities.

The Centers for Disease Control and Prevention say the flu vaccine is the best defense against getting the flu. This way you can protect yourself and your family and friends, especially those who may be at higher risk such as young children and grandparents. Public health officials recommend that everyone six months of age and older be vaccinated against influenza, especially pregnant women, young children, people 65 years of age and older, and anyone with underlying health conditions like asthma, diabetes, or a weakened immune system. A flu vaccine is needed every year because flu viruses are constantly changing.

It takes about two weeks after vaccination for the body's immune system to fully respond and for you to be protected.

Every year, flu causes millions of illnesses, hundreds of thousands of hospitalizations and thousands and sometimes tens of thousands of deaths. Even healthy people can get sick from the flu. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths.

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In addition to getting a flu shot, The Health Department recommends following the 3 C's: clean, cover, and contain.

- **Clean** – frequently wash your hands with soap and warm water.
- **Cover** – cover your cough and sneeze.
- **Contain** – contain your germs by staying home if you are sick.

You can find more information regarding the protection against the flu, including locations of providers, disease monitoring and flu prevention tips by visiting our Website [here](#).

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