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[www.kanehealth.com](http://www.kanehealth.com)

### **Flu activity in Kane County remains high**

As flu activity remains high, the Kane county Health Department is advising that is not too late to get your flu shot. Flu vaccine is available at many pharmacies, grocery stores and health providers. Anyone six months and older should get a flu shot to protect themselves and their family against influenza. The flu season typically runs through May with flu activity peaking this month and into February. A flu shot finder map is available on our website at [kanehealth.com/flu\\_shots.htm](http://kanehealth.com/flu_shots.htm).

The number of visits to emergency rooms in Kane County for influenza-like illness dipped slightly last week, but health officials are advising that only people with severe respiratory illness who have trouble breathing need to visit a hospital emergency department. In most cases we recommend contacting a health professional before going to the emergency department. The majority of people suffering from the flu simply need to stay home, rest and let the flu run its course.

Flu can make anyone, including the healthiest, seriously ill. It's not too late to get vaccinated to protect you and your family against influenza. Consult with your physician if symptoms (which can include fever, cough, sore throat, runny/stuffy nose, body aches, headache, chills and fatigue) are worsening. Even if you don't develop symptoms yourself, you can still pass the virus on to others like pregnant women, young children, those with chronic health conditions (like asthma, diabetes, heart disease) and people 65 and older who are especially at risk for complications from the flu. Once vaccinated, it takes 2 weeks for antibodies to develop to provide protection. Practice the 3 C's – clean your hands, cover your cough and contain your germs by staying home when sick. For more flu information, including weekly surveillance reports that are updated every Friday, visit [kanehealth.com/flu.htm](http://kanehealth.com/flu.htm). Additional resources are available at [www.illinoispanicflu.org](http://www.illinoispanicflu.org).

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