



January 18, 2013

Contact: Tom Schlueter (630) 444-3098

630-417-9729 (cell)

www.kanehealth.com

It's not too late: Health Department recommends getting a flu shot

With flu levels still high in Kane County, the Health Department reminds members of the public that getting the vaccine is the best thing you can do to protect yourself and your family against the flu. County Board Chairman Chris Lauzen demonstrated the importance of getting a flu shot by getting his Friday morning.

“The flu is a serious illness, but it also is a preventable illness. By getting your shot and following the Three C’s—Cover Your Cough, Clean Your Hands, and Contain Your Illness—we will go a long way toward stopping its spread,” Chairman Lauzen said.

The health department partners with health providers in Kane County, including the hospitals and clinics, to provide a weekly picture of ILI activity. The weekly surveillance report can be found by visiting the Health Department’s website at kanehealth.com/flu.htm. While emergency room visits for influenza-like illness dropped for the second week in a row, ILI activity remains high for this point in the season.

People who have the flu often feel some or all of these symptoms: Fever, or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (tiredness), some people may have vomiting and diarrhea, though this is more common in children than adults.

Illinois Department of Public Health Director Dr. LaMar Hasbrouck advises that only people with severe respiratory illness who have trouble breathing need to visit a hospital emergency department. In most cases it is recommended to contact 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.

###