

# PSA

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September 18, 2012

TO: Local Media

FROM: Kankakee County Health Department  
Bonnie Schaafsma, Administrator  
815.802.9394

STOP THE FLU! It's time to get your flu shot!

The Kankakee County Health Department's flu vaccination clinics will be on the following Thursdays:

- October 4 from 9am -4pm ;
- October 11 from 9am -6pm (bring your children after school for their shot);
- October 18 from 9am -4pm.

or call 815-802-9300 for a Monday, Tuesday or Friday appointment.

Have children who are afraid of needles? The health department has a limited supply of "needle-less" vaccine! Call 815-802-9300 or go to our website [www.kankakeehealth.org](http://www.kankakeehealth.org) to learn more.

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. Symptoms include cough, sore throat, runny nose as well as headache, muscle ache, fever up to 103 degrees F, and extreme fatigue. The best way to prevent the flu is by getting a flu vaccine each year.

The Kankakee County Health Department is located at 2390 West Station St., in Kankakee.

Our registered nurses give the best shots!

The cost is \$25.00 for the shot, and \$30.00 for the nasal mist flu vaccination.

Medicare and Medicaid accepted.

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