



2390 West Station Street
Kankakee, Illinois 60901
phone 815-802-9400
tty 815-802-9312
fax 815-802-9391

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Contact: Laura Sztuba, 815.802.9433

For Immediate Release

Subject: Flu Clinic Schedule

Flu Clinic Schedule

The flu virus can lead to serious respiratory infections that sometimes lead to hospitalizations. The flu is more severe than a cold, it can come on suddenly, and can include the following symptoms: fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, tiredness, and *occasionally* vomiting and diarrhea.

Getting a flu vaccine is the first and most important step to protect against this year's flu season. It is recommended that everyone 6 months and older get the flu vaccine every year. Other important steps include frequent hand washing, staying home when you are sick, and staying away from people that are sick.

The Kankakee County Health Department will be holding flu clinic on the following dates and times:

Thursday October 2, 2014 9am to 4pm

Thursday October 9, 2014 9am to 6pm (late clinic)

Thursday, October 16, 2014 9am to 4pm

Thursday, October 23, 2014 9am to 4pm

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