



KANKAKEE COUNTY HEALTH DEPARTMENT

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For Immediate Release

Subject: September Flu Clinic Schedule

September 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.

Influenza can be especially deadly for seniors. Getting the flu puts you at a higher risk of dying from other illnesses such as stroke, cardiovascular disease, diabetes, and other lung diseases. Ninety percent of influenza-related deaths occur in seniors. The high dose vaccine, which contains 4 times the amount of protection when compared to the standard flu vaccine, is recommended for adults aged 65 and older.

Getting a flu vaccine is the first and most important step to protect everyone in your family against this year's flu season. It is recommended that everyone 6 months and older get the flu vaccine every year. Only the injectable flu vaccine is recommended this year; the nasal spray flu vaccine should not be used. Other important steps include frequent hand washing, staying home when you are sick, and staying away from people that are sick.

Walk-in clinics will be held for adults 19 and older on Thursday September 14th, 2017 and Thursday September 21st, 2017 from 8:30am to 3:30pm. We will have regular flu vaccine, and high dose vaccine for those 65 years and older. We accept many private insurances, Medicaid, and Medicare, most of which cover the vaccine at no cost to you. If you do not have insurance coverage, the cost of the quadrivalent flu vaccine will be \$30, and the high dose will be \$50. Future clinics will be announced soon, and will be open to all ages.

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