



KANKAKEE COUNTY HEALTH DEPARTMENT

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For Immediate Release

Subject: Walk-in Flu Clinic

Prevent the Spread of Flu this Season

The flu is a contagious virus that can cause mild, moderate, and severe respiratory illness that can cause fever, cough, sore throat, muscle aches, and tiredness. Some people are at more risk for getting the flu, including older adults, young people, and those with certain health conditions.

Getting a flu vaccine is the first and most important step to keep you and your family healthy this flu season. The CDC recommends that everyone 6 months and older get the flu vaccine every year. You should get your flu vaccine anytime between now and the end of October. 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.

The Kankakee County Health Department will be holding a walk-in flu clinic on September 29th from 9am to 4pm. We will have regular flu vaccine for infants 6 months and older, children, teens, and adults. We will have high dose flu vaccine for those 65 years and older. We accept many private insurances, Medicaid, Medicaid Managed Care, and Medicare. If you cannot make it to the walk-in clinic on September 29th, you can schedule an appointment by calling (815) 802-9400.

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