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For Immediate Release

*Be Healthy throughout this Holiday Season and into the New Year – It's Not Too Late To Vaccinate  
National Influenza Vaccination Week – December 4-10, 2016.*

Public Health Officials across Northern Illinois, encourage individuals to get vaccinated against influenza during National Influenza Vaccination Week December 4-10.

“Now is a great time to get your flu vaccine,” said Winnebago County Health Department Public Health Administrator, Dr. Sandra Martell. “National Influenza Vaccination Week serves as a reminder that there is still time to protect yourself and your family against influenza. With flu activity increasing and family and friends planning gatherings for the holidays, now is a great time to get a flu vaccine if you haven’t been vaccinated yet this season. Getting vaccinated is the single best way for people to protect not only themselves against the flu, but their loved ones as well.”

Everyone six months of age and older should be vaccinated against influenza, including parents with children at home, teens, college students, adults, grandparents who take care of grandchildren and in particular pregnant women, young children, people 65 years of age and older, and anyone with underlying health conditions like asthma, diabetes, or a weakened immune system. A flu vaccine is needed every year because flu viruses are constantly changing.

People with the flu can spread it to others from as far away as 6 feet. Most experts think that flu viruses are spread mainly by droplets produced when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Less often, a person might also get the flu by touching a surface or object that has a flu virus on it and then touching their own mouth or nose. You cannot get the flu from the flu shot because the vaccine consists of an inactive virus that helps to stimulate the body’s defense systems to fight off “real” viruses when you come in contact with those viruses.

In addition to getting a flu shot, it is recommended to follow the 3 C’s: clean, cover and contain.

- **Clean** - frequently wash your hands with soap and warm water.
- **Cover** – cover your cough and sneeze.
- **Contain** – contain your germs by staying home if you are sick.

The Health Department is offering a walk-in clinic on Friday, December 9, 2016 from 2:00 - 4:00 pm at our 555 North Court Street location in room 205. Cost for the flu shot is \$39 for the Quadrivalent, or \$62 for the High Dose vaccine for Senior citizens, ages 65 years and older. We can accept Medicare Part B and several additional Medicare replacement insurances. For the list of accepted insurance policies, please call 815-720-4274, or go to the Winnebago County Health Department website at [www.wchd.org](http://www.wchd.org). A limited supply of flu shots are available.

For more information on influenza visit the Winnebago County Health Department website at [www.wchd.org](http://www.wchd.org). Like us: on [Facebook](#), follow us on [Twitter](#), or, contact us at 815-720-4000.

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