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PRESS RELEASE

It's Not Too Late to Get a Flu Shot

Watseka – Influenza (flu) activity is starting to increase across the country. Getting a flu shot is the best line of defense when it comes to protecting yourself, and those around you, from getting the flu.

“Flu vaccination can reduce illnesses, doctor visits, and missed work and school, as well as prevent flu-related hospitalizations,” said Vonda Pruitt, RN, Director of Nursing and Social Services at the Iroquois County Public Health Department (ICPHD). “While no vaccine is 100 percent, a flu shot may make your illness milder if you do get sick.”

The flu is a respiratory illness that can cause a fever, cough, sore throat, runny or stuffy nose, muscle or body aches, and headaches. Vomiting or diarrhea are not typical, but can occur, especially in children. Flu can also lead to more serious complications such as pneumonia. Antibiotics will not treat flu, but you can ask your health care provider about antiviral medications.

In addition to getting a flu shot, ICPHD recommends following 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 Iroquois County Public Health Department, located in the Administrative Building at 1001 East Grant Street in Watseka, has flu vaccines available to the public on a walk-in basis from 9 a.m. to noon and 1 p.m. to 4 p.m., Monday through Friday. The cost is \$35 per dose. In addition to the quadrivalent flu vaccine, the health department is also offering the high dose flu vaccine. It will cost \$70 per dose. However, ICPHD can bill Medicare and most insurance companies for the flu vaccine. Please call 815-432-2483 for more information.