

Cook County Department of Public Health

Cook County Health & Hospitals System

(formerly Cook County Bureau of Health Services)

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SEASONAL INFLUENZA VACCINE IS AVAILABLE

Cook County Department of Public Health officials urge residents to get seasonal flu vaccine.

Influenza, commonly called the flu, is caused by a virus that infects the nose, throat and lungs. Generally, the flu includes symptoms such as fever, cough, sore throat, runny or stuffy nose, headache, muscle aches and fatigue. Flu is highly contagious and spreads easily from person to person, primarily when an infected person coughs or sneezes. The flu can be particularly dangerous to the elderly or people with chronic illness who can't fight the debilitating effects of the virus. Contrary to what some may believe, people cannot get the flu from a flu shot.

"All residents are encouraged to get vaccinated this flu season," said Cook County Department of Public Health chief operating officer, Stephen A. Martin, Jr., Ph.D, M.P.H. "Now is the time to get your seasonal flu shot, because when you shield yourself from disease, you protect others too, such as family members, friends and co workers."

Each year in the United States on average, 5% to 20% of the population gets the seasonal flu; more than 200,000 people are hospitalized from flu-related complications, and about 36,000 people die from flu-related causes. Some people, such as the elderly, young children, pregnant women, and people with certain health conditions, are at high risk for serious flu complications.

CCDPH provided seasonal flu vaccine to a number of community groups for distribution in their seasonal flu vaccination clinics. For a complete list of CCDPH partners offering the seasonal flu vaccine, please visit the CCDPH flu section on the Website at: www.cookcountypublichealth.org.

For more information about the seasonal influenza virus, residents may contact the Cook County Department of Public Health Flu Hotline at 708-492-2828 or visit www.cookcountypublichealth.org.

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