

# COOK COUNTY DEPARTMENT OF PUBLIC HEALTH



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**Stephen A. Martin, Jr., Ph.D., MPH**  
Chief Operating Officer

## Influenza activity high in the community

*It's not too late to get a flu vaccine; it's the best way to protect you and your family.*

Officials from the Cook County Department of Public Health (CCDPH) continue to see high levels of influenza activity in suburban Cook County. Although a typical flu season begins during the autumn months, it doesn't end until May. If you already received a flu vaccine then you are protected through the end of the season. However, if you haven't received a vaccine, it's not too late. Contact your primary healthcare provider or local pharmacist to get your vaccine today.

“There is still plenty of time left in this flu season for you and your family to be at risk for getting the flu,” said CCDPH chief operating officer, Stephen A. Martin, Jr., Ph.D., M.P.H. “If you and your family were not vaccinated yet this season, keep your family safe and get your vaccine today.”

Flu is highly contagious and spreads easily from person to person. Along with getting a flu vaccine, practicing the basic three C's will help residents limit the spread of the influenza virus.

- **Clean** – properly wash your hands frequently
- **Cover** – cover your cough and sneeze
- **Contain** – contain your germs by staying home if you are sick

Influenza is a virus that affects the respiratory system and is spread primarily when an infected person coughs or sneezes. Symptoms of the flu virus can range from mild to life-threatening and include fever, cough, sore throat, runny or stuffy nose, headache, muscle aches and fatigue. The flu can be particularly dangerous to the elderly or people with chronic illness who can't fight the debilitating effects of the virus.

For more information please visit [www.cookcountypublichealth.org](http://www.cookcountypublichealth.org), or call CCDPH at 708-492-2000.

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