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**Sandra Martell, RN, DNP**  
Interim Chief Operating Officer

## Get your flu vaccine today.

*Getting vaccinated is the best way to protect you and your family from the flu.*

The Cook County Department of Public Health (CCDPH) has supplied influenza vaccine to its community partners to provide public vaccination clinics. This year's flu shot will protect you from the H1N1 virus, and two other strains, and will protect you through the end of the season, typically in May.

"Flu is highly contagious and spreads easily from person to person," said CCDPH interim chief operating officer Sandra Martell, RN, DNP. "The Centers for Disease Control and Prevention (CDC) recommends everyone six months of age and older get the flu vaccine every year. The best way to protect you and your family is to get vaccinated, today."

In addition to getting vaccinated, residents should practice the three C's to 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.

To get a seasonal flu vaccine, residents in suburban Cook County should contact their family doctor, visit their local pharmacist or attend a public vaccination clinic.

To see a list of CCDPH partner clinics and for more information please visit [www.cookcountypublichealth.org](http://www.cookcountypublichealth.org), or call CCDPH at 708-633-4000.

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