
JO DAVIESS COUNTY HEALTH DEPARTMENT

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Fight the flu this season with getting your Flu shot.

Each flu season is different and influenza can affect people differently, but millions of people get the flu each year. Getting an annual flu vaccine is the best way to protect yourself and your family from flu. According to the Centers of Disease Control and Prevention (CDC) vaccination has shown to have many benefits including reducing the risk of flu illness and hospitalizations.

During the 2018-2019 flu season there were 42.9 million persons diagnosed with the flu, 647,000 persons hospitalized and 61,200 flu related deaths including 86 pediatric deaths.

The circulating viruses of every flu season are different and while many people contract influenza despite receiving the vaccine, the symptoms of those who received the vaccine are much less severe than if they had not received the vaccine. This year's vaccine contains two A viruses that have been updated based on the viruses seen last year and two B viruses that are the same as last year's vaccine.

JO Daviess County Health Department (JDCHD) is encouraging residents to follow CDC's 3 actions to **Fight the Flu** campaign:

1. Get Vaccinated. You are not only protecting yourself but those around you.
2. Help stop the spread of viruses by frequent hand washing and clean and disinfect surfaces; cough into your elbow instead of your hands; avoid close contact with people who are sick and if you are sick stay home for at least 24 hours after your fever is gone without fever reducing medicine.
3. Take antiviral medication if your doctor prescribes them (starting them within the first 48-72 hours of symptoms helps decrease your days of illness and reduce your ability to infect others).

The JDCHD has the flu vaccine for both adults and children available for those under and uninsured at a fee of: **\$ 25.00.**

We also have flu vaccine for those children on Medicaid and Premium Medicaid/ CHIP (XII) coverage at no cost.

Call to schedule your appointment today. 815-777-0263 ext 227 from 0815- 4:15pm Monday through Friday.

To learn more about the flu/ and vaccine, visit : <https://www.cdc.gov/flu/prevent/index.html>