

**It's Not Too Late!**

It's that time of year again — flu season. As family and friends are gathering for the holidays, flu activity is increasing. Get a flu vaccine now if you have not gotten vaccinated yet this season.

There are many reasons to get a flu vaccine. Flu vaccination can reduce your risk of flu illness, doctors' visits, and missed work and school due to flu. Even if you are vaccinated and still get sick, flu vaccine can reduce the severity of your illness. Flu vaccination also can help protect women during and after pregnancy and protect the baby born to a vaccinated mom for several months after birth. Flu vaccine also has been shown to save children's lives, prevent serious events associated with chronic lung disease, diabetes and heart disease, and prevent flu-related hospitalization among working age adults and older adults. Getting vaccinated isn't just about keeping you healthy; it's also about helping to protect others around you who may be vulnerable to becoming very sick, such as babies, older adults, and pregnant women.

It's not too late to get a flu vaccine to protect yourself and your loved ones this flu season! Call for an appointment today. Jo Daviess County Health Department 815-777-0263.