



McHenry County Department of Health
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FOR IMMEDIATE RELEASE
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Flu vaccine your best shot to stay healthy
Health Dept offers easy online appointments

WOODSTOCK IL – Now’s the best time to get your flu shot, and this season, it’s as easy as 1, 2, 3 – you only need **ONE** shot, there are **TWO** ways to make an appointment (online or by phone) and just **THREE** simple steps can keep you healthy (cover your cough, wash your hands, stay home when you’re sick). McHenry County Department of Health (MCDH) has scheduled clinics in September and October for adults and children aged 9 and over. Go online at www.mcdh.info to pick a convenient date and time or call 815-334-4510 between 8am-4:30pm. The cost is \$30. Medicaid and Medicare Part B accepted.

<u>Date</u>	<u>Time</u>	<u>Location</u>
Monday September 27	2pm-6pm	Algonquin Township, Crystal Lake
Wednesday September 29	2pm-6pm	McHenry Co Dept of Health, Crystal Lake
Monday October 4	2pm-6pm	McHenry Township Office, Johnsburg
Wednesday October 6	2pm-6pm	McHenry Co Dept of Health, Crystal Lake
Wednesday October 13	2pm-5pm	McHenry Co Dept of Health, Woodstock

Influenza is already circulating in Illinois. The Centers for Disease Control and Prevention (CDC) recommends everyone 6 months and older receive the flu vaccine. Fran Stanwood, MCDH’s Director of Nursing states, “Flu is a serious and contagious illness – even healthy people can get it. When you get a flu shot, you not only provide protection for yourself but for those around you like young children and grandparents who are at greater risk for serious flu complications (including hospitalization and death).” For busy families, getting sick from the flu can also result in missed school, work and extra-curricular activities.

For more information, visit www.mcdh.info or call 815-334-4510.

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“Working to prevent disease and promote health and safety for all people of McHenry County since 1966.”