



## McHenry County Department of Health

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[www.mcdh.info](http://www.mcdh.info)

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### FOR IMMEDIATE RELEASE

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### National Influenza Vaccination Week Dec 5-11

**WOODSTOCK IL** – McHenry County Department of Health (MCDH) recognizes National Influenza Vaccination Week (Dec. 5-11) as an important opportunity to encourage residents to get their annual flu shot. The national campaign will focus each day on a specific audience starting with the general public, then families, chronically ill persons, employees, older adults (65+) and young adults (19-24). Getting vaccinated is the single best way for people to protect not only themselves against flu, but their loved ones as well.

Fran Stanwood, MCDH Director of Nursing, states, “Vaccination of high risk persons, such as seniors, pregnant women and people with chronic health conditions like diabetes, heart disease and asthma, is especially important to decrease their risk of severe flu illness. Since children younger than 6 months are too young to be vaccinated, people who care for or live with them should also be vaccinated.” The Centers for Disease Control and Prevention recommends everyone over 6 months of age should receive the flu shot. Other ways to reduce the spread of flu include:

- **Practice good hygiene to avoid flu germs** The vaccine prevents most but not all cases of flu so it is still important to avoid infection. Wash your hands often with soap and water. If soap and water are not available, use a 60% alcohol-based hand rub. Avoid touching your eyes, nose and mouth.
- **If you or a loved one gets the flu.** Don't spread it to others. People infected with flu may be able to infect others from one day before feeling symptoms to about 5-7 days after getting sick. If you become ill with influenza symptoms, stay home and avoid contact with other people except to seek medical care. Cover your nose and mouth with a tissue when you cough or sneeze.

Call 815-334-4500 for information on influenza or MCDH's walk-in flu clinics (Woodstock, Crystal Lake) or online at [www.mcdh.info](http://www.mcdh.info).

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