



KANKAKEE COUNTY HEALTH DEPARTMENT

2390 West Station Street
Kankakee, Illinois 60901
phone 815-802-9400
tty 815-802-9312
fax 815-802-9391

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Contact: Debra Hubly 815-802-9400

For Immediate Release

Subject: Flu Clinic Schedule

Flu Vaccine Clinic Schedule

The flu virus can lead to serious respiratory infections that sometimes lead to hospitalizations. The flu is more severe than a cold, it can come on suddenly, and can include the following symptoms: fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, tiredness, and *occasionally* vomiting and diarrhea.

Influenza can be especially deadly for older adults. Getting the flu puts you at a higher risk of dying from other illnesses such as stroke, cardiovascular disease, diabetes, and other lung diseases. Ninety percent of influenza-related deaths occur in older adults. The high dose vaccine, which contains 4 times the amount of protection when compared to the standard flu vaccine, is recommended for adults age 65 and older.

Getting a flu vaccine is the first and most important step to protect everyone in your family against this year's flu season. It is recommended that everyone 6 months and older get the flu vaccine every year. Only the injectable flu vaccine is recommended this year. Other important steps include frequent hand washing, staying home when you are sick, and staying away from people that are sick.

The Kankakee County Health Department will be holding walk-in flu clinics on Thursdays in September to help prevent the spread of flu in our community. We will have regular flu vaccine, and high dose vaccine, for those 65 years and older. The walk-in clinics will be held on Thursday, September 6th, 13th, 20th, & 27th from 8:30 am to 3:30 pm. Future clinics for those younger than 19 years of age will be announced soon.

We accept many private insurances, including Medicaid, and Medicare, most of which cover the vaccine at no cost to you. If you do not have insurance coverage, the cost of the flu vaccine will range between \$30-\$65 pending on the vaccine utilized.

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