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Established in 1945, DuPage County Health Department promotes physical and emotional health; prevents illness injury and disability; protects health from environmental risk factors, and strives to assure the provision of accessible, quality service.

December 8, 2022
For Immediate Release

National Influenza Vaccination Week is December 5-9 Help Children, Adults, and the Elderly Fight the Flu

DuPage County – The DuPage County Health Department (DCHD) is promoting National Influenza Vaccination Week from December 5-9, 2022, which is a call to everyone 6 months and older to get their annual influenza (flu) vaccine. This week serves to remind everyone that there is still time to get a flu vaccine and to stay healthy this winter! The best way to prevent flu is by getting the flu vaccine each year.

There are increasing signs that this flu season could be severe. Data show that the flu season is ramping up early. Flu-related hospitalizations are higher at this point in the season than they have been in a decade. Flu is also spreading at the same time as other respiratory illnesses, including COVID-19 and RSV.

According to the Centers for Disease Control and Prevention (CDC) Director Dr. Rochelle Walensky, “This year’s flu shot appears to be a very good match to the circulating strains. However, flu vaccinations are lagging behind the pace of previous years.”

“Flu can be a serious illness; please take the steps to prevent and protect yourself against flu this winter,” urges DCHD Executive Director Karen Ayala.

Each year, millions of children get sick with seasonal flu; thousands of children are hospitalized, and some children die from flu. Children commonly need medical care because of flu, especially children younger than 5 years old. Certain groups of people are also at a higher risk of developing serious flu complications. These groups of people include: children younger than 5 years old, adults 65 years old or older, pregnant people, and people with certain chronic health conditions.

Flu symptoms can be mild to severe, usually come on suddenly, and include some or all of these symptoms:

- fever* or feeling feverish/chills
- cough, sore throat, runny and/or stuffy nose
- muscle, body, and/or headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.

*It’s important to note that not everyone with flu will have a fever.

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The holiday season is here. That means more time to spend with your children, family, and friends. However, as holiday cheer spreads, so can flu, with potentially serious complications. Getting a flu vaccine is the best way to stay protected against flu.

Opportunities to get COVID-19 vaccines, boosters, and flu vaccines are available in and around DuPage County through pharmacies and medical providers—visit www.vaccines.gov to find a location near you. COVID-19 and flu vaccinations can be given at the same time.

To help improve access, DuPage Health Coalition is offering free flu vaccine vouchers to uninsured DuPage County residents whose financial circumstances make it difficult to get their annual flu shot. More information is available at <https://accessdupage.org/flu/>

Stop the flu, COVID-19, and other respiratory viruses with these infection-prevention tips:

- Get the annual flu shot.
- Get your COVID-19 shots and [stay up to date](#) with boosters.
- Stay home when sick.
- Wear a high-quality [mask or respirator](#) to protect yourself and those around you. Wear a mask with the best fit, protection, and comfort for you.
- Avoid close contact with persons who are ill.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, or mouth, especially with unclean hands.
- Cover coughs and sneezes with a tissue or your elbow.
- Talk to your doctor about medication for flu and COVID-19.
- [Improving ventilation](#) (moving air into, out of, or within a room) and filtration (trapping particles on a filter to remove them from the air) can help prevent virus particles from accumulating in indoor air.
- Clean and disinfect frequently touched surfaces at home, work, and school, especially when someone is ill.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Additional information on flu prevention is available at: www.cdc.gov/flu/season/index.html

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