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For Immediate Release

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National Influenza Vaccination Week is December 4-8

A Flu Vaccine Can Take the Flu from Wild to Mild

DuPage County – The DuPage County Health Department (DCHD) is promoting National Influenza Vaccination Week from December 4-8, 2023, 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.

Getting vaccinated against flu can also help protect loved ones, like children younger than 5 years old, pregnant people, adults 65 years and older, and people living with chronic conditions. These groups of people are at higher risk of having serious complications if they get the flu.

“The holiday season is here. That means more time to spend with your family and friends. It also can mean the spread of flu. Getting a flu vaccine is the best way to reduce your risk from flu,” said Adam Forker, Executive Director, DuPage County Health Department.

Flu vaccines are safe and effective – and there’s still time to get vaccinated. Flu vaccine has been shown to reduce the risk of flu illness, and if someone who is vaccinated gets sick, vaccination has been shown to reduce the severity of illness, reducing the risk of serious flu outcomes. Vaccination can still be protective as flu activity can continue into May.

Opportunities to get flu vaccines are available in and around DuPage County through pharmacies and medical providers—visit www.vaccines.gov to find a location near you.

Stop the flu and other respiratory viruses with these preventive actions:

- Get the annual flu shot and stay up to date with other vaccines.
- Avoid close contact with people who are sick.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth, especially with unclean hands.
- Cover coughs and sneezes with a tissue or your elbow. Masks also can help reduce the spread of respiratory viruses.

Additional information on flu prevention is available at: [Preventive Actions | CDC](#)

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, vomiting and diarrhea. People may be ill with flu without a fever. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care. People at higher risk for complications should get antiviral treatment as early as possible. Visit CDC’s website to find out [what to do if you get sick with flu](#).

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.

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