

NOW is the best time to get your flu shot!



Influenza, also known as the flu, is NOT the same as a cold.

The flu is a serious respiratory illness that can lead to hospitalization, and in some cases, death. In fact, the Centers for Disease Control and Prevention (CDC) estimates that 80,000 Americans died from the flu and its complications last flu season.

The flu shot is your best protection against the flu.

Everyone over the age of 6 months should get a flu shot every year. The best time to get a flu shot is NOW - before the flu season starts!

The Lake County Health Department offers the flu vaccine by appointment at its Immunizations Clinic and Community Health Centers throughout Lake County. To make an appointment, call (847) 377-8800.

Many doctor's offices, retail locations, and pharmacies also offer flu vaccines. To find a location near you, visit vaccinefinder.org.

Prevent the spread of the flu: Follow the 3 Cs!

- **Clean** your hands regularly with soap and water or alcohol-based hand sanitizer
- **Cover** coughs and sneezes using a tissue or your upper arm... NOT your hands.
- **Contain** illness by staying home if you get sick. Don't spread your germs to others.