



NEWS



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McLean County Health Department Is Bringing Flu Shots to You, So You Don't Bring the Flu to Others *Seven public flu clinics announced*

BLOOMINGTON – United we stand, divided we fall. The McLean County Health Department is hoping residents will stand united this flu season and get a flu vaccination to help keep the county healthy. “Annual flu vaccinations create a scenario where everyone wins,” explains Walt Howe, Director of the McLean County Health Department. “When people get their annual flu shot, they not only reduce their chances of getting seasonal flu, but they also protect those around them who may be at great risk if they were to get the flu.”

To make it easier for adults to get a flu shot, the health department, together with several local businesses, is hosting a series of public flu clinics. Residents are invited to attend any of the flu clinics scheduled within the community or one of the clinics scheduled with businesses that have invited the public in to participate too.

“Even healthy people can get severely ill from the flu,” reminds Howe. “We are making our flu vaccination services available in more rural parts of the county and to concentrated groups at worksites for convenience purposes before illness circulates in our community. An annual seasonal flu shot remains the single most effective way to avoid getting and spreading the flu.”

This year, the health department has expanded its business outreach program and will be going on-site to more than 40 businesses, government agencies, schools, and daycare facilities to provide fast and convenient flu vaccinations for employers and their employees. Flu germs can spread quickly in workplace environments and seriously impact workplace productivity. Says Howe, “Our intent is to help keep people and organizations healthy by providing on-site employee flu clinics. We do not charge participating partner organizations a fee to bring our nurses and flu vaccine to a business or school setting, and employees can use their insurance to cover the vaccination.” Employers interested in holding an employee flu clinic should call 309-888-5489 for more information. There is still time to schedule October and November clinic dates.

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The Centers for Disease Control and Prevention (CDC) recommends all people over the age of 6 months receive an annual flu shot to reduce the spread of illness. It is particularly important that individuals at high risk of serious flu complications, such as young children; pregnant women; people ages 18 to 65 with chronic health conditions; and individuals 65 years and older, get vaccinated from the flu. This year's trivalent seasonal flu vaccine protects against two influenza A viruses (an H1N1 and an H3N2) and an influenza B virus.

Adults seeking a flu shot at one of the clinics being hosted by the health department are asked to bring their private or public (Medicare or Medicaid) insurance card. For individuals who would rather pay for their flu shot than use their insurance, the cost is \$30. The McLean County Health Department accepts most private insurance plans. For a full list of health insurances accepted by the health department, please visit <http://health.mcleancountyil.gov/vaccines>.

Individuals with the following symptoms or conditions should not attend the flu clinics; and should consult with their primary health care provider about receiving the flu vaccine:

- fever or feel ill
- allergic to eggs or thimerosal
- severe reaction to previous flu vaccines
- previous history of Guillain-Barre Syndrome, Lou Gehrig's Disease (Amyotrophic Lateral Sclerosis) or other recurring or persistent neurological problems except Multiple Sclerosis and Parkinson's Disease

The public flu clinics are as follows:

Monday, September 14

10 a.m. until 11:30 a.m.

Saybrook Community Flu Clinic
Saybrook-Cheney Grove Township Hall
120 State Street, Saybrook

Monday, September 21

11 a.m. until 1 p.m.

TEK Systems Flu Clinic
Heartland Bank Bldg.
205 Main Street, Bloomington

Wednesday, September 23

10:30 a.m. until 12 noon

Chenoa Community Flu Clinic
St. Paul's Evangelical Lutheran Church of Chenoa
806 S. Division Street, Chenoa

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Monday, September 28

9 a.m. until 10:30 a.m.

Hudson Community Flu Clinic
Hudson Fire Department
502 N. Broadway Street, Hudson

Friday, October 2

9:30 a.m. until 11:30 a.m.

Central Illinois Regional Airport Flu Clinic
3201 Cira Drive, Bloomington

Wednesday, October 7

9:30 a.m. until 11 a.m.

LeRoy Community Flu Clinic
First United Methodist Church
201 North Chestnut, LeRoy

Monday, October 26

9:30 a.m. until 11:30 a.m.

Heyworth Community Flu Clinic
Heyworth Christian Church
308 North Vine Street, Heyworth

On-site flu clinics with local community partners will be ongoing throughout the fall season. As of Sept. 9, the following organizations are partnering with the McLean County Health Department to provide on-site flu clinics, vaccinating employees against the flu to reduce the spread of illness throughout the community: Central Illinois Regional Airport, TEK Systems (downtown Bloomington office), McLean County Farm Bureau, Nestle USA, Royal Publishing, Heartland Community College, MSI, Olympia School District, Unit 5 School District, Tri-Valley School District, LeRoy School District, Lexington School District, Heyworth School District, City of Bloomington, and a number of child care centers throughout the county.

Influenza is a contagious respiratory illness that can affect individuals of any age and spreads very easily from person to person. Flu symptoms usually last for a few days and include fever, severe chills and body ache, fatigue, mild sniffles, dry cough, and severe chest discomfort. Sometimes, a more serious illness can develop that requires hospitalization and can even lead to death.

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