



NEWS



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McLean County Health Department Offering Family and Adult Seasonal Flu Clinics *Bloomington Fire Dept, Heartland Community College and CIRA to partner as host sites*

BLOOMINGTON – McLean County is standing united once more in the battle against the seasonal flu virus with local businesses and agencies joining with the McLean County Health Department to make flu immunizations convenient for adults and families. “We are very grateful for the area businesses, schools and agencies that see the value of having us come to their workplaces to offer seasonal flu protection to their employees,” says Cathy Coverston Anderson, interim director of the McLean County Health Department.

Last year, the health department provided more than 3,400 flu shots at over 78 off-site locations throughout McLean County. “It’s a win-win situation for all of us. When the community embraces its local health department, as many of our McLean County employer-groups have, they contribute to our efforts to protect residents and visitors from disease and vaccine-preventable illnesses. Vaccinated employees reduce their chances of getting seasonal flu and help protect those around them who may be at risk of serious complications if they were to get the flu,” Coverston Anderson adds.

Extending beyond their own employees, several locations have opened-up their flu clinics to the public, which gives residents more options for flu vaccinations this year. Adults are invited to attend any of the following flu clinics, with the Bloomington Fire Department clinic focusing specifically on children and youth in addition to adults:

Tuesday, September 26
10:00 a.m. until 11 a.m.

Chenoa Community **Adult** Flu Clinic
St. Paul’s Evangelical Lutheran Church of Chenoa
800 S. Division Street, Chenoa

Thursday, September 28
9:00 a.m. until 11:00 a.m.

Central Illinois Regional Airport **Adult** Flu Clinic
3201 Cira Drive, Bloomington (Airport terminal main floor in former gift shop)

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Tuesday, October 3

9:00 a.m. until 11:30 a.m.

Heartland Community College **Adult** Flu Clinic

1500 West Raab Road, Normal (Astroth Community Education Center)

Wednesday, October 4

1:00 p.m. until 3:30 p.m.

Heartland Community College **Adult** Flu Clinic

1500 West Raab Road, Normal (Astroth Community Education Center)

Saturday, October 7

9 a.m. until 11 a.m.

McLean County Health Department **Adult** Flu Clinic

200 West Front Street, Bloomington

Saturday, October 28

9:00 a.m. until 12 noon

Bloomington Fire Department **Family** Flu Clinic

310 N. Lee St., Bloomington (Station #1 – Headquarters)

Explains Anderson, "It is our hope we can continue to expand our flu vaccination services throughout the county enabling concentrated groups at worksites and our residents living both in town and in rural areas of the county have a fast, convenient, and dependable way to obtain flu vaccinations each year. Even healthy people can get severely ill from the flu and an annual flu vaccination before illness circulates in our community is the single most effective way to avoid getting and spreading the flu."

There is no charge to partner with the health department for a community or workplace flu clinic and individuals can use their insurance to cover the vaccination. Anyone interested in bringing health department nurses to a business, school setting, or agency for a flu clinic should call 309-888-5489 for more information. It's not too late to schedule October and November clinic dates.

Individuals seeking a flu vaccination at one of the health department clinics are asked to bring their private or public insurance card. Most insurances fully cover the flu vaccine. For those who would rather pay for their flu shot than use their insurance, the cost is \$30.

The health department also participates in the Vaccine For Children (VFC) program, which provides vaccines at no cost to children who might not otherwise be vaccinated because of inability to pay. VFC eligible families are uninsured, underinsured, or have Medicaid coverage and are residents of McLean County.

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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 quadrivalent seasonal flu vaccine protects against two influenza A viruses (an H1N1 and an H3N2) and two influenza B viruses.

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 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

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 from a few days to less than two weeks 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.

The McLean County Health Department is dedicated to the prevention and control of disease through health promotion, early intervention and health protection within our county. For more information about our services visit our website at: <http://health.mcleancountyil.gov/>. You are also invited to follow us on Twitter (@McLeanHealth) and "Like" us on Facebook (Facebook.com/McLeanHealth), for information about public health affecting you.

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