



FLU 2020

Prevent the flu: Get vaccinated every year

With COVID-19 also affecting our community, the flu vaccine is more important this year than ever. Influenza, commonly called “the flu,” is a viral infection of the respiratory tract that may cause symptoms very similar to those of COVID-19.

Everyone six months of age and older should get a flu vaccine every season.

Flu vaccine is provided at many local health departments, private health care providers and pharmacies across Illinois. Contact your health care provider to find out which flu vaccine is right for you or you can

find vaccine locations at [vaccinefinder.org](https://www.vaccinefinder.org).

Most people who get the flu recover completely in one to two weeks, but some people develop **serious and potentially life-threatening medical complications**, such as pneumonia.

Over the past decade, influenza and pneumonia have been linked to an average of **3,500 deaths** a year in Illinois.

Between **10 and 20 percent of Americans** are infected during most flu seasons, which typically run from October through May.

More than **200,000 people** are hospitalized by the flu each year in the U.S.

Symptoms of flu include:

- Fever
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea also can occur but are more common in children than adults.

Emergency Warning Signs

Seek emergency medical care if you or someone you know is having any of the following warning signs below.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

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