



FLU 2023



It's cold weather season in Chicago and more important than ever to be fully vaccinated against flu, COVID-19 and other respiratory illnesses.

Flu vaccine and other vaccines are available at local health departments, private health care providers and pharmacies near you. **Everyone six months of age and older should receive a flu vaccine** every season. Contact your health care provider for a list of vaccines recommended for you and act now to protect yourself. In addition, we strongly encourage sick employees to stay home.

For more information about the flu and other vaccines visit **archchicago.org/flu**.

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.

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

Over the past decade, influenza and pneumonia have been associated with an average of **3,500 deaths** a year in Illinois. Since 1992, the highest number of flu and pneumonia deaths was the 4,021 recorded in 1993.

Up to 20 percent of the population gets influenza during flu season, which typically runs from October through May.

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