



# FLU 2021

With flu season upon us and COVID-19 variants spreading through our community, it's more important than ever to be fully vaccinated.

**The vaccines for COVID-19 and the flu do not interfere with one another, nor is one a substitute for the other.**

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

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**Flu vaccine is available at local health departments, private health care providers and pharmacies near you. It is recommended you contact your health care provider about what form of flu vaccine you should receive.**

For more information about the flu vaccine visit [archchicago.org/flu](https://www.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.

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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.