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[www.kanehealth.com](http://www.kanehealth.com)

### **Chairman Lauzen sets example: Recommends getting a flu shot**

With the flu season just beginning, the Health Department reminds members of the public that now is the time to take action to prevent the spread of the illness by getting vaccinated. County Board Chairman Chris Lauzen demonstrated the importance of getting a flu shot by getting his recently.

“Getting vaccinated is the single best way for people to protect not only themselves against flu, but their loved ones as well. By getting your shot and following the Three C’s—Cover Your Cough, Clean Your Hands, and Contain Your Illness—we will go a long way toward stopping its spread,” Chairman Lauzen said.

The health department partners with health providers in Kane County, including the hospitals and clinics, to provide a weekly picture of ILI activity. The weekly surveillance report can be found by visiting the Health Department’s website at [kanehealth.com/flu.htm](http://kanehealth.com/flu.htm).

People who have the flu often feel some or all of these symptoms: Fever, or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (tiredness), some people may have vomiting and diarrhea, though this is more common in children than adults.

There are steps you can take in your daily life to help protect you from getting the flu.

- Wash your hands often with soap and water or an alcohol-based hand rub.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.

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- Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine

More information about the flu can be found at [kanehealth.com/flu.htm](http://kanehealth.com/flu.htm) and at [flu.gov](http://flu.gov).

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