



Public Health
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Champaign-Urbana Public Health District

FOR IMMEDIATE RELEASE

February 27, 2008

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CUPHD Offering FREE Flu Shots to Champaign County Residents

Champaign-Urbana Public Health District Urges Citizens to Get a Flu Shot to Avoid the Worst of Influenza Symptoms

Champaign, IL – Through a generous donation by Carle Occupational Health, the Champaign-Urbana Public Health District (CUPHD) is able to offer FREE flu shots for Champaign County residents ages 18 and over. CUPHD has 200 doses of flu vaccine, and encourages citizens to take advantage of this limited offer. Appointments for a FREE flu shot may be made by calling 217-531-2922.

Despite the challenges surrounding this year's flu shot, flu vaccination remains the single most effective way to prevent seasonal influenza. Each vaccine provides proven protection against three known strains of influenza, including one strain that has been identified as making people sick this year. Flu vaccinations also provide "cross protection" for other strains of influenza, which result in milder symptoms and shorter duration of illness in most people.

"Many people believe that this year's influenza vaccination is ineffective or that it is too late to get a flu shot", said Jamie Perry, Nursing Services Manager for CUPHD. "This is NOT true. This year's flu shot may not be absolute protection against every influenza strain, but it does make the illness you contract less severe. On average, it takes two weeks for a vaccination to be able to provide protection against the flu."

Influenza is a respiratory illness with varying symptoms such as high fever, headache, extreme tiredness, sore throat, runny or stuffy nose, and body aches. Seasonal influenza is most predominate from October – May. Each year 5% to 20% of the population suffers from seasonal influenza. More than 200,000 people are hospitalized, and about 36,000 people die from influenza. Despite these facts, most people have some immunity to seasonal influenza, and by practicing healthy habits they can avoid becoming ill.

CUPHD currently has influenza planning resources available to the public on the web at www.stock2forflu.com. Additional materials are available at the new CUPHD location at 201 West Kenyon Road in Champaign.

For more information on influenza planning or any other CUPHD program, please contact CUPHD at (217) 352-7961 or visit CUPHD on the web at www.cuphd.org.

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