



Public Health
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Champaign-Urbana Public Health District

FOR IMMEDIATE RELEASE

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**It's National Influenza Vaccination Week.
If you haven't received a flu shot yet, there's still time.**

Champaign-Urbana Public Health District encourages you talk to your doctor, nurse, or other healthcare professional to ensure your family is up to date on vaccines.

Champaign, IL – The Champaign-Urbana Public Health District (CUPHD) recognizes December 5-11, 2021 as National Influenza Vaccination Week (NIVW), reminding everyone 6 months and older that there's still time to get a flu vaccine. The holidays are here, and while that means more opportunities for spreading cheer, there is also more opportunity for spreading flu and other respiratory viruses as people resume travel and gather with family and friends. NIVW is an important reminder to check off one thing no one should go through the holiday season without: a flu vaccine.

Vaccination is particularly important for people who are at higher risk of developing serious flu complications, including people with certain chronic conditions such as asthma, diabetes, and heart disease. In fact, in past flu seasons, nine out of 10 adults hospitalized for flu had at least one underlying medical condition. A flu vaccine reduces the risk of getting sick with flu. For people with certain chronic health conditions a flu vaccine has been shown to reduce the risk of flu-related worsening of chronic conditions and prevent flu-associated hospitalization.

This National Influenza Vaccination Week, go to your doctor or local pharmacy to get your flu vaccine, encourage your loved ones to get their flu vaccine, and learn more about the benefits of getting vaccinated against flu.

During NIVW, CUPHD will be sharing resources on social media to highlight the importance of annual flu vaccination. Follow the conversation on Facebook, and use #IGetIt to share why you choose to vaccinate.

For more information on the Champaign-Urbana Public Health District, visit www.c-uphd.org.

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