



Public Health
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Champaign-Urbana Public Health District

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Protecting Yourself Against the Seasonal Flu is Very Important This Year

Champaign-Urbana Public Health District Encourages All Eligible Community Members to Get a Flu Vaccination

Champaign, IL –The Champaign-Urbana Public Health District (CUPHD) and the Illinois Department of Public Health (IDPH) recommend everyone 6 months of age and older should get the seasonal flu vaccine.

This year it is more important than ever to get a flu shot. Each season, millions of Americans are sickened with flu, hundreds of thousands are hospitalized, and tens of thousands die. This season we are also battling COVID-19, another virus that can cause severe respiratory illness. While a vaccine for COVID-19 is still under development, there is a vaccine for flu that has been proven to be safe and effective over the past 50 years. Getting a flu vaccine can help you avoid co-infection with COVID-19 and flu.

The vaccine is available in either a flu shot, or in a nasal spray. Talk with a health care provider about what type is most appropriate for you. More information on the types of flu vaccine can be found on the [CDC website](#).

In addition to getting your flu vaccine, the Illinois Department of Public Health recommends following the 3 W's for both COVID-19 and influenza:

- **W**ash your hands
- **W**atch your distance
- **W**ear your mask

Many of the symptoms of flu and COVID-19 are the same, such as fever and cough, but there are some differences. If you have symptoms of either flu or COVID-19, self-isolate and contact a health care provider. They can talk with you about testing and other measures you should be taking.

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“The single best way to prevent seasonal flu is to get a flu vaccination each year and it takes about two weeks for your body to develop antibodies that provide protection against the influenza virus. The flu season can begin as early as October and can last as late as May,” said Julie A. Pryde, Champaign-Urbana Public Health District Administrator. “It is more important than ever this year to get a flu shot as soon as possible with COVID-19 impacting our community. The ultimate goal is to avoid co-infection, reduce the impact on local healthcare systems, and save lives.”

The Champaign-Urbana Public Health District currently has a quadrivalent intramuscular injectable vaccine available. This year CUPHD will be providing flu vaccine in various ways to encourage safety through social distancing.

- The drive thru food pantry on Thursdays from Noon – 2:00 p.m.
- Call ahead for an appointment (531-5316 or 531-5317) for inside or curbside
- Same day appointments, if available, (call 531-5365 or 531-4307) for options

The cost for the flu vaccine is \$47.00. CUPHD will bill insurance or Medicaid for this charge. If you do not have insurance, CUPHD asks you to pay what you can afford. If cost is a concern, payment options are available.

Additional influenza planning resources and information are available at www.stock2forflu.com and www.c-uphd.org.

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