



## **Kane County Health Department Reminds Residents to Get Their Flu Shots**

**September 29, 2020** – The Kane County Health Department (KCHD) reminds residents to schedule their flu shots as soon as possible this season. The need for a flu shot is even more important this year due to the presence of coronavirus. The health department warns that flu and COVID-19 each can cause serious respiratory illness and co-infection could possibly lead to more severe illnesses, hospitalization, and even death.

To find a location to get a flu shot in your community, check with your health care provider or use the online Vaccine Finder at [VaccineFinder.org](https://www.vaccinefinder.org). In addition, local clinics like VNA Health Care ([vnahealth.com](https://vnahealth.com)), the Greater Elgin Family Care Center ([gefcc.org](https://gefcc.org)) and Aunt Martha's Health and Wellness ([auntmarthas.org](https://auntmarthas.org)) provide appointments for flu shots.

Everyone six months of age and older should get the seasonal flu vaccine. The vaccine is available as 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 is provided on the Kane County Health Department website at [KaneHealth.com/Pages/Flu.aspx](https://KaneHealth.com/Pages/Flu.aspx).

“This year it is more important than ever to get a flu shot,” said Kane County Health Department Assistant Director for Public Health Nursing Theresa Knauf. “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.”

In addition to getting your flu vaccine, KCHD recommends following the 3 W's for both COVID-19 and influenza: WASH your hands, WATCH your distance and WEAR your mask.

Viruses spread when people who are infected cough, sneeze, or talk. Flu usually comes on suddenly. 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.

(more)

**Symptom Comparison**

Here is a quick look at influenza versus COVID-19 symptoms:

<b>SYMPTOMS</b>	<b>FLU</b>	<b>COVID-19</b>
Symptom onset	2 days	2 – 14 days
<b>Body Aches</b>	Common	Common
<b>Cough</b>	Common	Common
<b>Fatigue/weakness</b>	Common	Common
<b>Fever/chills/shaking</b>	Common	Common
<b>Shortness of breath or difficulty breathing</b>	Common	Common
<b>Stuffy nose</b>	Common	Common
<b>Sore throat</b>	Common	Common
<b>Headache</b>	Common	Common
<b>Diarrhea</b>	Sometimes	Sometimes
<b>Loss of taste or smell</b>	Rare	Sometimes
<b>Sneezing</b>	Sometimes	Rare

**COVID-19 Testing**

The Community-Based COVID-19 Testing Site, located at the Chicago Premium Outlet Mall, 1650 Premium Outlet Blvd. in Aurora, will cease operations as of September 30. IDPH will announce a new regional testing site shortly.

Additional testing options are available in Kane County. For more information about all available testing sites in Kane County, visit the IDPH website at [dph.illinois.gov/covid19/covid-19-testing-sites](https://dph.illinois.gov/covid19/covid-19-testing-sites).

Many healthcare providers in Kane County also have COVID-19 testing available. Please contact your provider or the facility to ask about testing criteria and appointment availability. For additional information and current updates on the COVID-19 situation, visit the KCHD website at [KaneHealth.com](https://KaneHealth.com) or call the health department at 630-208-3801.

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[KaneHealth.com](https://KaneHealth.com)