



# ST. CLAIR COUNTY BOARD

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## NEWS RELEASE

**For Immediate Release**  
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### **Chairman Mark Kern gets Flu Shot from Illinois Public Health Leader**

*Everyone encouraged to take measures to prevent spread of illness*



**CENTREVILLE** – Dr. Damon T. Arnold, Director of the Illinois Department of Public Health, visited the Metro East today to encourage everyone to get a seasonal flu shot. At the event held at Touchette Regional Hospital, Dr. Arnold gave a seasonal flu shot to St. Clair County Board Chairman Mark Kern. Dr. Arnold also encouraged everyone to practice the 3 C's: **Clean** your hands frequently; **Cover** your mouth and nose when you sneeze with a tissue or your sleeve, not your hands and, **Contain** the flu by staying home from work and school if you are sick.

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“With the possibility of increased flu activity due to the presence of the new H1N1 virus, it is very important to get a seasonal flu shot. The best way to protect yourself and your family against the flu is to get a flu shot,” said Dr. Arnold.

Each year an estimated five to 20 percent of the U.S. population gets the flu resulting in approximately 200,000 hospitalizations due to serious complications and about 36,000 deaths. Flu symptoms include a fever of 100 degrees Fahrenheit or above, headache, body aches, fatigue, chills and weakness.

Young children, people with chronic medical conditions and the elderly are at higher risk for complications from seasonal flu and it is very important for them to get a flu shot. You cannot get the flu from the flu shot. However, some people may experience a mild fever, body aches and fatigue for a few days after being vaccinated.

The seasonal flu shot does not protect against H1N1, a new strain of flu that was identified in the spring. Vaccines are being developed for H1N1 and they should be available in mid-October. However, the H1N1 vaccine will not replace the seasonal flu vaccine. People are encouraged to get the seasonal flu shot now and the H1N1 vaccine when it is available.

“St. Clair County public health officials, health care providers, schools, hospitals and other community partners are working closely to prevent the spread of both the seasonal and H1N1 viruses by encouraging people to practice the 3 C’s and to get vaccinated against the seasonal flu now and the H1N1 flu when the vaccine becomes available. We all need to work together to keep our community as healthy as possible” said St. Clair County Board Chairman Mark Kern.

For more information about the flu, visit [www.ready.illinois.gov](http://www.ready.illinois.gov) and [www.flu.gov](http://www.flu.gov). If you have specific questions about the flu, call the St. Clair County Health Department at 618-233-6175 or East Side Health District at 618-271-8722.

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