Media Release

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THE CITY OF JOLIET REMINDS RESIDENTS TO PROTECT THEMSELVES AND OTHERS FROM THE FLU THIS SEASON

The City of Joliet would like to remind residents to protect themselves and others from the flu this season. Flu shots are widely available throughout the area and getting an annual flu vaccine is an important step for protection against flu viruses.

According to the Centers for Disease Control and Prevention, cases of influenza increase during the winter season and will traditionally peak during January and February. While it is recommended that everyone get a flu vaccine this season, it’s especially important for some people to get vaccinated. Those people include the following:

- People who are at high risk of developing serious complications (like pneumonia) if they get sick with the flu.
- People who have certain medical conditions including asthma, diabetes, and chronic lung disease.
- Pregnant women.
- People younger than 5 years (and especially those younger than 2), and people 65 years and older.
- People who live with, or care for others, who are at high risk of developing serious complications (see list above).
- Household contacts and caregivers of people with certain medical conditions including asthma, diabetes, and chronic lung disease.
- Household contacts and caregivers of infants less than 6 months old.
- Health care personnel.

The City of Joliet encourages residents and visitors to contact their private healthcare provider or get vaccinated at a local walk-in service. Many pharmacies offer flu vaccines for a low cost. To find a flu vaccine provider nearest you, go to www.flushot.healthmap.org and search by city or zip code.

Symptoms of the flu that should be monitored include headache, fever, severe cough, runny nose, or muscle aches. People who are sick with flu-like illness should stay home for at least 24 hours after their fever has subsided, without the use of fever-reducing medicine, except to get medical care. Individuals with a chronic illness, or who are pregnant, should contact their healthcare provider if they suspect their illness might be influenza. Healthcare providers can prescribe proper antiviral medication.

James D. Hock
City Manager

The City of Joliet is the fourth largest city in the state of Illinois, located just 45 miles southwest of Chicago’s Loop. Home to over 147,000 residents, in addition to thriving businesses and attractions, the City of Joliet is easily accessible by rail, auto and bus transit. A perfect place to live, work and play, Joliet is constantly striving to promote growth and diversity. For more information on Joliet visit www.cityofjoliet.info or call 815-724-4000. The City of Joliet’s Media Releases are always available on our website.