



**FOR IMMEDIATE RELEASE**

October 4, 2021

**Janet Hill**

309-558-2881

[jhill@co.rock-island.il.us](mailto:jhill@co.rock-island.il.us)

**Flu Shot Clinics Offered in October and Nov. 2**

The Rock Island County Health Department (RICHD) will hold walk-in flu shot clinics on Tuesdays in October and on Nov. 2 at its offices at 2112 25<sup>th</sup> Ave., Rock Island. The clinics will be open from 9 a.m. to noon and 1-4 p.m. Oct. 5, Oct. 12, Oct. 19, Oct. 26, and Nov. 2. No appointments are necessary.

Additional clinics have been scheduled at other county locations, including:

- Oct. 5 from 9:30-11:30 a.m. at South Rock Island Township offices, 1019 27<sup>th</sup> Ave., Rock Island
- Oct. 21 from noon to 1 p.m. at Hampton Village Hall, 251 S. State Ave., Hampton
- Oct. 27 from 1-3 p.m., Blackhawk Township offices, 230 W. 4<sup>th</sup> St., Milan

The Moderna and Johnson & Johnson COVID-19 vaccines also will be offered at every flu clinic held at the health department. The J&J vaccine will be available at the above off-site clinics.

“Flu vaccines and COVID-19 vaccines can be given at the same time if you haven’t already gotten your COVID-19 vaccine,” said Illinois Department of Public Health Director Dr. Ngozi Ezike. “Vaccines are our best protection against severe illnesses, hospitalizations, and deaths due to either flu or COVID-19.”

As in past years, there is no out-of-pocket expense to those with Medicare Part B or an Illinois Medicaid card. Most Blue Cross, UnitedHealth Care, Health Alliance, Aetna, Coventry/First Health, HFN, HealthLink, and Humana insurance plans are accepted. Please bring all insurance cards with you to the clinic. Insurance coverages change frequently, so please check with your insurance carrier to make sure your flu shot is covered. For those not using insurance, the cost is \$35. High-dose vaccines for seniors are \$55 without insurance. Visa and Mastercard will be accepted. For more information, please call the health department at 309-794-7080.

IDPH recommends everyone 6 months and older be vaccinated. Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu.

“Because of the effectiveness of masking in preventing virus transmission, we saw fewer flu-related ICU hospital admissions in Illinois and no flu-related pediatric deaths,” Ezike said.

“However, with inconsistent mask usage, we could see a more severe flu season along with the ongoing COVID-19 pandemic. Now is the time to get your flu shot.”

The flu season typically begins in October and peaks between December and March. The flu is a contagious respiratory illness that can cause mild to severe illness. Serious cases of flu can result in hospitalization or death.

Everyone six months of age and older is recommended to get the seasonal flu vaccine. All flu vaccines this season are quadrivalent, meaning they will offer protection against four flu strains – an H1N1-like strain, H3N2-like strain, and two B strains. More information on the types of flu vaccine, as well as recommendations by the Advisory Committee on Immunization Practices, can be found on the [CDC website](#).

IDPH recommends staying home when sick, wearing a mask, and frequently washing your hands. These everyday health practices will help protect against becoming infected with either flu or COVID-19 viruses.

Both COVID-19 and flu can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms. Common symptoms that COVID-19 and flu share include:

- Fever or feeling feverish/having chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Vomiting and diarrhea
- Change in or loss of taste or smell, although this is more frequent with COVID-19.

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