

NEWS



FROM THE OFFICE OF STATE REPRESENTATIVE JOHN FRITCHEY

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FOR FURTHER INFORMATION
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Rep. Fritchey Takes Staff to get Flu Shots *Encourages Everyone to Get One as Well*

Chicago – State Representative John Fritchey (D-Chicago) took his entire staff to get flu shots in preparation of the upcoming influenza season. The U.S. Centers for Disease Control and Prevention (CDC) anticipate more people getting sick with the flu this year than in years past due to the seasonal flu and the H1N1 flu strain that will be circulating at the same time. CDC also reports that cases of influenza in the state of Illinois are geographically widespread, and not confined to just one part of the state.

“There’s no better way to lead than by example,” said Rep. Fritchey. “I hope that people everywhere follow our example and go with their family, friends or co-workers to take this step to reduce their risk of serious illness this season.”

Each year an estimated five to twenty percent of the U.S. population catches the flu. Approximately 200,000 people are hospitalized with complications from the flu and about 36,000 die annually. Flu symptoms include a fever of 100 degrees Fahrenheit or above, headache, body aches, exhaustion, chills and weakness. In order to combat this highly contagious disease, CDC’s number one recommendation is to get a flu vaccine.

“I highly recommend that everyone, and not just the more at risk populations such as children and seniors, get a flu shot this year,” stated Rep. Fritchey. “Unlike in years past, there is no shortage of available vaccines and the excuses for not getting one are very limited.”

For more information on this important issue, visit www.ready.illinois.gov and click on *Seasonal Influenza*. If you already know that you would like to receive a flu shot, visit your primary care physician or the link above to find a provider near you.



State Rep. Fritchey prepares himself for his annual flu shot.