Flu season continues through the spring months. The good news is whether you have asthma or not, there is still time to get a flu shot. Find a location near you where they are available: www.vaccinefinder.org/

Flu activity is also widespread in Illinois this year. To date, 772 adults and 76 children who have asthma or chronic lung disease were also hospitalized with the flu.

A flu shot is the best protection against the flu. Unfortunately, data from the CDC show less than one in three Illinois adults with asthma received a shot this year. This is the lowest number in eight years and well below the national average.

Flu activity is also widespread in Illinois this year. To date, 772 adults and 76 children who have asthma or chronic lung disease were also hospitalized with the flu.

Flu season continues through the spring months. The good news is whether you have asthma or not, there is still time to get a flu shot.

Find a location near you where they are available: www.vaccinefinder.org/

Protect Yourself from the Flu

- Get your flu shot
- Stay home when you are sick
- Clean your hands to protect you from germs
- Avoid close contact with people who are sick
- Cover your mouth and nose with a tissue when coughing or sneezing
- Avoid touching your eyes, nose, or mouth

72% OF ADULTS WITH ASTHMA ARE NOT VACCINATED AGAINST THE FLU

Preventing the Flu Among Adults with Asthma: It's Not Too Late for a Flu Shot!

February 7, 2020

Respiratory Health Association