



NEWS RELEASE



For Immediate Release

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(1/30/25) Southern 7 Schedules Pop-up Flu Vaccine Clinic in Anna (Response to Increased Rates in Illinois and Surrounding Region)

In response to the increased rates of flu cases in Illinois and the surrounding region, Southern 7 Health Department will hold an indoor, pop-up flu and COVID vaccine clinic for those 18 and older on Wednesday, February 5 from 9:00 a.m. to 2:00 p.m. at the Shawnee Community College Anna Extension Center in Anna, Illinois.

Both vaccines will also be available at the previously scheduled WOW Van in Mounds, Illinois on February 5 at SMILES Senior Center from 9:30 a.m. to 12:00 p.m. and Stop 'n Shop from 1:00 to 3:30 p.m.

On January 25, IDPH's [Seasonal Respiratory Illness Dashboard](#) indicated that emergency department visits for flu increased to its highest point of this year's flu season following a decline at the beginning of the month. Residents are encouraged to get their shots to reduce the overall burden of respiratory illnesses. According to the CDC, it is possible to have the flu, as well as other respiratory illnesses, including COVID-19 at the same time.

To help keep yourself and family healthy, and to prevent the spread of illness-causing germs, Southern 7 Health Department urges everyone to vaccinate and follow a few simple, health tips.

- Wash your hands. You should wash frequently with water and soap for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub containing at least 60% isopropyl alcohol.
- Avoid touching your face. Try not to touch your eyes, mouth, or nose with unwashed hands.
- Cough and/or sneeze into your elbow. Be sure to practice this healthy habit to avoid germy hands.
- Wipe down and disinfect high-touch surfaces such as doorknobs, light switches, tabletops, countertops, bathroom sinks, toilets, faucet handles, shopping cart handles, and gas pump handles. It's a good idea to keep a bottle of hand sanitizer in your vehicle to use after pumping gas.
- Disinfect hard, nonporous surfaces in your vehicle, including cup holders, steering wheel, door handles, seat buckles, and radio knobs as permitted by the manufacturer's instructions. Always follow manufacturer's instructions for cleaning and disinfecting of electronics.
- Maintain your space between yourself and others keeping 6 feet of distance whenever possible. Try and avoid close contact with people who are sick.
- Wear a facemask to help reduce your chance of inhaling viral particles or spreading a virus to someone who may have a weakened immune system.
- Boost your immune system. Proper diet, hydration, exercise, and sleep are all needed to maintaining good health. While a strong immune system doesn't prevent you from getting sick or passing a virus on to others, establishing these habits are beneficial to help maintain your physical health during cold and flu season.
- Stay home when you're sick.

Both flu and COVID vaccines are covered whole or in part by most insurance companies. Be sure to bring your insurance card with you. For those under 18 or unable to attend the clinics on February 5, contact your local

Southern 7 Public Health Clinic to make an appointment. For more information call S7HD at 618-634-2297, download the Southern 7 App, or visit www.southern7.org.

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