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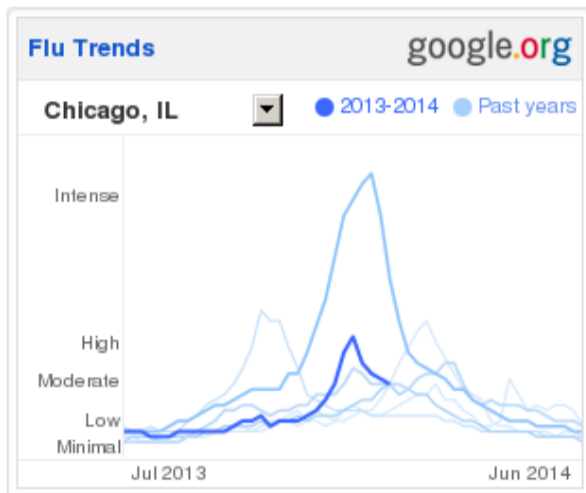
Flu Activity Widespread; Health Officials Urge Immunization

It's not too late to get a flu shot, say public health officials, who warn of widespread flu activity in Illinois.

Posted by [Angela Sykora](#) (Editor) , January 10, 2014 at 12:01 PM

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Flu season is in full swing, with activity increasing daily across the country and throughout Illinois, reports the Illinois Department of Public Health (IDPH).

Have you had your flu shot?

"It is not too late to get a flu shot," said IDPH Director Dr. LaMar Hasbrouck. "Flu activity typically peaks in January, but can run into April. Getting vaccinated now can help protect you from the flu in the coming months.

- **Walgreen's and CVS stores in Palatine are offering the flu shot.**

IDPH is currently reporting widespread influenza activity in Illinois with [122 flu-related ICU hospitalization and six flu-related ICU deaths](#), according to a press release. IDPH expects to see an increase in the number of hospitalizations and deaths.

So far this season, 2009 H1N1 viruses have been most common.

Chicago flu trends in 2012-13 reflected "intense" activity between Dec. 16, 2012 through Jan. 20, 2013, according to Google. This flu season, activity was categorized as "high" between Dec. 22 and Jan. 5, though it is expected to increase.

Public health officials are urging residents to get a flu shot if they have not yet done so.

If you are considering getting a flu shot, [CLICK HERE](#) for more locations in and around Palatine offering the vaccine.

The [Centers for Disease Control and Prevention](#) offers the following information:

- [Selecting a flu vaccine](#)
- [Symptoms, complications and severity](#)
- [How flu spreads](#)

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