



MEDIA RELEASE

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Seasonal Flu Illnesses Continue to Increase in Champaign County

Champaign-Urbana Public Health District Advises Individuals to Take Additional Precautions; States it's Never Too Late to Get Vaccinated

CHAMPAIGN, IL – Champaign-Urbana Public Health District (CUPHD) is reporting an increase in seasonal influenza activity across Champaign County, with activity surging nationwide. Residents are advised to take additional precautions to protect themselves and others. According to the Illinois Department of Public Health (IDPH), Illinois has reported its first pediatric death from flu this season while nationally, there have been nine pediatric deaths.

A new variant of influenza A H3N2, known as 'subclade K,' emerged earlier this year and is now the dominant strain in the United States. Symptoms are like those caused by the usual seasonal influenza A strains and come on suddenly. These include:

- fever
- chills
- body aches
- headaches
- extreme fatigue
- congestion or runny nose
- coughing
- sore throat

While stomach illness, such as vomiting and diarrhea, can occur, but is not typical of influenza. Stomach illness is usually the result of a gastrointestinal illness such as norovirus or food

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poisoning.

Vaccination against flu and other seasonal respiratory illnesses remains the most effective protection against infection for everyone six months and older. Flu and respiratory virus vaccines are available at pharmacies and health care facilities. IDPH has a [vaccine locator tool](#) for those looking for vaccines. Additional preventative measures include covering coughs and sneezes; washing hands often with soap and water; avoiding touching the eyes, nose, and mouth; and wearing a mask and avoiding close contact with people who are sick.

Healthy individuals usually recover from flu without complications, however, those who get sick should:

- stay home from work or school and stay away from others.
- get plenty of rest, drink liquids, and avoid using alcohol and tobacco.
- take over-the-counter medications to relieve symptoms. Please be advised that while rare, giving aspirin or Pepto Bismol to children and adolescents with flu may cause Reye's Syndrome.
- wear a mask to prevent the spread of germs.

Certain groups are at higher risk of serious flu-related complications. These include young children, people aged 65 and older, pregnant women, and people with certain medical conditions. The Centers for Disease Control recommends that those at increased risk contact their health care provider to get started on antiviral treatment as soon as possible.

For more information, visit [IDPH's influenza page](#).

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