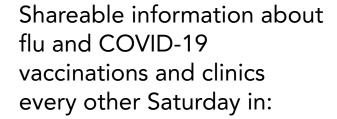
FLU AND COVID-19 VACCINATION





ARLINGTON HEIGHTS
BLUE ISLAND
COTTAGE GROVE
NORTH RIVERSIDE
ROBBINS









Introduction

Cook County Department of Public Health, in partnership with Cook County Health and CountyCare, is offering Saturday vaccination clinics to help suburban Cook County residents protect themselves and their families against flu and COVID-19. These clinics began October 18, 2025 and will run through March 28, 2026, rotating among five Cook County Health sites in Arlington Heights, Blue Island, Cottage Grove, North Riverside, and Robbins. No appointment is needed, and all vaccines are available at no cost to residents, regardless of insurance or immigration status.

In addition to sharing clinic details, this toolkit provides clear, accessible information in multiple languages about flu and COVID-19 vaccines, including safety facts, recommended guidance for different age groups, and support for addressing common myths and misinformation. Partners and community organizations can use these materials to help residents understand the importance of routine vaccinations and make informed decisions to protect themselves and their families.

Inside, you'll find:

- · Clinic schedules and location details
- Social media posts
- Flyers

- Palm Cards
- Fact Sheets
- Sample Newsletter Copy

Tag CCDPH

- Facebook <u>www.facebook.com/ccdph</u>
 - @CCDPH or @Cook County Department of Public Health
- X (formerly Twitter) <u>www.x.com/cookcohealth</u>
 - @cookcohealth
- LinkedIn www.linkedin.com/company/cook-county-department-of-public-health/
 - @Cook County Department of Public Health
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- TikTok <u>www.tiktok.com/cookcountypublichealth</u>
 - @cookcountypublichealth











Social Media Posts - Addressing Common Flu Myths



Sample caption:

Yes, you CAN get a flu shot while pregnant. Getting a flu shot during pregnancy is safe and helps protect your baby in their first months of life. Talk to a health care provider about getting vaccinated against flu.

Learn more <u>here.</u>

DOWNLOAD HERE.



Sample caption:

Yes, you SHOULD get a flu shot every year. Your immune protection fades over time, and flu strains change from season to season. Staying up to date on your vaccines helps keep your protection strong and lowers your risk of getting seriously sick.

Learn more <u>here</u>.

DOWNLOAD HERE.



Sample caption:

No, you CAN'T get the flu from the flu shot. Flu vaccines do NOT contain a live virus. Getting vaccinated helps your body build immunity and is the best protection against the flu.

Learn more here.

Social Media Posts - Addressing Common COVID-19 Myths



Sample caption:

Yes, you CAN get a COVID-19 and flu shot while pregnant. Getting vaccinated during pregnancy helps protect you and your baby from serious health problems. If you are pregnant, talk to a health care provider about getting vaccinated against COVID-19 and flu.

Find free flu and COVID-19 vaccination clinics near you: bit.ly/saturdayclinics.

DOWNLOAD HERE.



Sample caption:

Yes, you CAN get a COVID-19 shot for your baby at age six months or older. COVID-19 vaccinations are safe and can help protect babies against serious health complications.

Find free flu and COVID-19 vaccination clinics near you: bit.ly/saturdayclinics.

DOWNLOAD HERE.



Sample caption:

Yes, you CAN get a COVID-19 shot if you are planning on becoming pregnant. COVID-19 vaccines are recommended for anyone who is pregnant, trying to get pregnant, or planning for the future. There is no evidence linking vaccines to fertility issues.

Learn more here.

Social Media Posts - Vaccination Clinics in Arlington Heights

Social Media Post Caption:

This Saturday, CCDPH is providing free flu and COVID-19 shots from 8AM to 4PM at the Arlington Heights Health Center. Walk-ins are welcome and no appointment is needed. Vaccinations are available for everyone 6 months and older, regardless of insurance or immigration status.

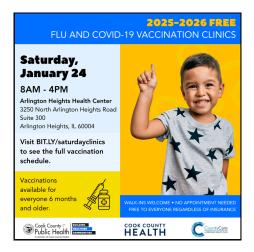
To Saturday, {Month} {Date}

(1) 8 AM – 4 PM

📍 Arlington Heights Health Center - 3250 N. Arlington Heights Rd. Suite 300, Arlington Heights, IL

See the full schedule here: bit.ly/saturdayclinics





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Social Media Posts - Vaccination Clinics in Blue Island

Social Media Post Caption:

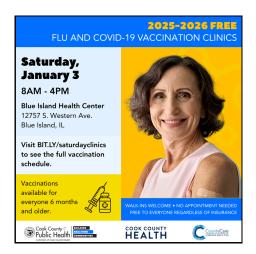
This Saturday, CCDPH is providing free flu and COVID-19 shots from 8AM to 4PM at the Blue Island Health Center. Walk-ins are welcome and no appointment is needed. Vaccinations are available for everyone 6 months and older, regardless of insurance or immigration status.

To Saturday, {Month} {Date}

(*) 8 AM – 4 PM

📍 Blue Island Health Center - 12757 S. Western Ave., Blue Island, IL

See the full schedule here: <u>bit.ly/saturdayclinics</u>



DOWNLOAD HERE.



Social Media Posts - Vaccination Clinics in Cottage Grove

Social Media Post Caption:

This Saturday, CCDPH is providing free flu and COVID-19 shots from 8AM to 4PM at the Cottage Grove Health Center. Walk-ins are welcome and no appointment is needed. Vaccinations are available for everyone 6 months and older, regardless of insurance or immigration status.

To Saturday, {Month} {Date}

(3) 8 AM – 4 PM

📍 Cottage Grove Health Center - 1645 S. Cottage Grove Ave., Ford Heights, IL

See the full schedule here: bit.ly/saturdayclinics





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Social Media Posts - Vaccination Clinics in North Riverside

Social Media Post Caption:

This Saturday, CCDPH is providing free flu and COVID-19 shots from 8AM to 4PM at the North Riverside Health Center. Walk-ins are welcome and no appointment is needed. Vaccinations are available for everyone 6 months and older, regardless of insurance or immigration status.

To Saturday, {Month} {Date}

(5) 8 AM – 4 PM

📍 North Riverside Health Center - 1800 S. Harlem Ave. Suite A, North Riverside, IL

See the full schedule here: bit.ly/saturdayclinics





DOWNLOAD HERE.

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Social Media Posts - Vaccination Clinics in Robbins

Social Media Post Caption:

This Saturday, CCDPH is providing free flu and COVID-19 shots from 8AM to 4PM at the Robbins Health Center. Walk-ins are welcome and no appointment is needed. Vaccinations are available for everyone 6 months and older, regardless of insurance or immigration status.

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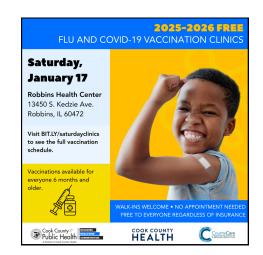
(*) 8 AM – 4 PM

📍 Robbins Health Center - 13450 S. Kedzie Ave, Robbins, IL

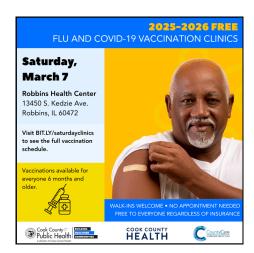
See the full schedule here: bit.ly/saturdayclinics







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5" x 7" Palm Cards - Flu & COVID-19 Vaccination Clinics





ENGLISH - Download Here.

SPANISH - Download Here.

POLISH - Download Here.

ARABIC - Download Here.

RUSSIAN - Download Here.

SIMPLIFIED CHINESE - Download Here.

KOREAN - Download Here.

8.5" x 11" Flyers - Flu & COVID-19 Vaccination Clinics





ENGLISH - Download Here.

SPANISH - Download Here.

POLISH - Download Here.

ARABIC - Download Here.

RUSSIAN - Download Here.

SIMPLIFIED CHINESE - Download Here.

KOREAN - Download Here.

Multi-Language Fact Sheets: About Flu





Call your healthcare provider or go to urgent care or ER if you:

Headaches

Fatique (tiredness)

Some people may have vomiting and diarrhea,

though this is more common in children than

Have trouble breathing

Get very weak or dizzy

Cannot keep fluids down

• Have chest pain

Protect yourself and others against flu.

When are people most contagious? People are most contagious during the first three

days of their illness. Some otherwise healthy

adults may be able to infect otherwise learning one day before symptoms develop and up to five to seven days after becoming sick.

WALK-INS WELCOME • NO APPOINTMENT NEEDED • FREE TO EVERYONE REGARDLESS OF INSURANCE • AGES 6 MONTHS & OLDER



Find a flu clinic near you. Scan the QR code at right.

SPANISH - Download Here.

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Cook County Department of Public Health | 2025-2026 Flu and COVID-19 Vaccination Clinics | Social Media Toolkit

Multi-Language Fact Sheets: About COVID-19









COVID is an infectious disease caused by a virus that infects the lungs and breathing passages, such as the nose, mouth, and throat. It can cause <u>mild to severe respiratory illness</u>, including dry cough, shortness of breath, fatigue, fever, diarrhea, head and body aches, and loss of taste and/or smell.

Who is most at risk for COVID?

Anyone can get COVID. People at increased risk of severe COVID illness and complications, including hospitalization and even death, include: People ages 65 years or older, those who are unvaccinated or not up to date on their COVID vaccinations, and people with certain medical conditions.

A person with COVID can spread the virus when they cough, sneeze, or speak with others from a close distance. COVID is more likely to spread in poorly ventilated areas and crowded indoor settings. Less commonly, you can also catch COVID if you touch a surface contaminated with the virus and then touch your eyes, nose, or

How is COVID prevented?

Staying up to date with the latest COVID vaccine is the most effective and safe way to prevent severe illness, hospital<mark>izat</mark>ion, or death due to

Who should get a COVID shot?

Everyone ages 6 months and older should get the updated COVID vaccine to protect against severe infection, per the Illinois Department of Public Health Immunization Recommendations for the 2025-26 Respiratory Virus Season.

The COVID vaccine is recommended for:

- All children 6-23 months.
- Children ages 2-17 years old with at least one risk factor or a weakened immune system, or if requested by parent or quardians.
- Adults ages 18 years and older.
 Pregnant people, including after delivery and during breastfeeding.

at should I do if I have COVID symptoms?

COVID symptoms mimic symptoms of the flu and other viruses. Anyone with COVID symptoms should get tested. If you have contracted COVID, you can stop spreading it to other people by staying home and away from others until all of your symptoms improve and you are fever-free for at least 24 hours without fever-reducing medication.

Find a vaccination clinic near you. Scan the QR code at right.

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COVID-19 FAQ



COVID symptoms may include:

- · Fever or feeling feverish
- Chills • Cough
- Shortness of breath
- Sore throat
- Runny or stuffy nose
 Muscle or body aches
- Fatigue
 Headache
- Nausea or vomiting
- New loss of taste or smell
- Diarrhea



Treating COVID-19

Treatment Options

- If you think you have COVID, testing can help you decide what to do next.
- COVID antiviral medications may help lessen symptoms, shorten your illness, and reduce the risk of some complications. They work best when taken as soon as possible (especially if you are at increased risk serious illness) or within 5-7 days of when symptoms first begin to appear.



Managing Symptoms

- Most people have mild illness and recover at home.
- Take acetaminophen or ibuprofen to help reduce fever and body aches.
- · Stay away from others to avoid spreading COVID.



Call your health care provider or go to urgent care or the ER if you:

· Or if lips, nail beds or skin appear pale,

gray or blue (depending on skin tone)

- Have trouble breathing
- Have chest pain Have new confusion · Are unable to wake or stay awake

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Sample Newsletter Copy: Saturday Vaccination Clinics

Free Saturday Flu and COVID-19 Vaccination Clinics Now Open Across Cook County

Cook County residents can now get free flu and COVID-19 vaccines at Saturday vaccination clinics hosted by Cook County Department of Public Health (CCDPH), Cook County Health, and CountyCare. The clinics run on select Saturdays from October 18 through March 28 at five suburban locations: Robbins, Cottage Grove, Blue Island, Arlington Heights, and North Riverside.

No appointments are needed, and vaccines are free for everyone, regardless of insurance or immigration status. Residents are encouraged to bring an ID and insurance card, if available, but insurance is not necessary. The full vaccination schedule and more information on flu and COVID-19 vaccines can be found at CCDPH's website: bit.ly/saturdayclinics.

"Our Saturday clinics are a vehicle for providing greater access to flu and COVID-19 vaccinations, especially for the uninsured and for communities where vaccination rates are disproportionately lower," said Dr. Kiran Joshi, Chief Operating Officer of the Cook County Department of Public Health.

"Vaccines are safe and effective and have proven time and time again to prevent people from getting sick," said Cook County Board President Toni Preckwinkle. "Thanks to our state guidance, we are ensuring that anybody who wants to be vaccinated can be. We're urging all residents to protect themselves and their loved ones by getting vaccinated."

The flu and COVID-19 vaccines are recommended for everyone ages 6 months and older and help prevent serious illness and hospitalization. Last season, only 30.6% of Cook County residents received a flu shot, and 14% received a COVID-19 vaccine.

Stay healthy this season and help protect your community. Get vaccinated today.