

FLU AND COVID-19 VACCINATION

Digital Toolkit



Shareable information about flu and COVID-19 vaccinations and clinics every other Saturday in:

- 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 – www.facebook.com/ccdph
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- X (formerly Twitter) – www.x.com/cookcohealth
 - @cookcohealth
- LinkedIn – www.linkedin.com/company/cook-county-department-of-public-health/
 - @Cook County Department of Public Health
- Instagram - www.instagram.com/cookcountypublichealth
 - @cookcountypublichealth
- TikTok - www.tiktok.com/cookcountypublichealth
 - @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 [here](#).

[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 [here](#).

[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](#).

[DOWNLOAD 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](#).

DOWNLOAD 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.

📅 Saturday, {Month} {Date}

🕒 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

2025-2026 FREE
FLU AND COVID-19 VACCINATION CLINICS

Saturday, December 27
8AM - 4PM
Arlington Heights Health Center
3250 North Arlington Heights Road
Suite 300
Arlington Heights, IL 60004

Visit [BIT.LY/saturdayclinics](https://bit.ly/saturdayclinics) to see the full vaccination schedule.

Vaccinations available for everyone 6 months and older.

WALK-INS WELCOME • NO APPOINTMENT NEEDED
FREE TO EVERYONE REGARDLESS OF INSURANCE

Logos: Cook County Public Health, COOK COUNTY HEALTH, CountyCare

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2025-2026 FREE
FLU AND COVID-19 VACCINATION CLINICS

Saturday, January 24
8AM - 4PM
Arlington Heights Health Center
3250 North Arlington Heights Road
Suite 300
Arlington Heights, IL 60004

Visit [BIT.LY/saturdayclinics](https://bit.ly/saturdayclinics) to see the full vaccination schedule.

Vaccinations available for everyone 6 months and older.

WALK-INS WELCOME • NO APPOINTMENT NEEDED
FREE TO EVERYONE REGARDLESS OF INSURANCE

Logos: Cook County Public Health, COOK COUNTY HEALTH, CountyCare

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2025-2026 FREE
FLU AND COVID-19 VACCINATION CLINICS

Saturday, February 28
8AM - 4PM
Arlington Heights Health Center
3250 North Arlington Heights Road
Suite 300
Arlington Heights, IL 60004

Visit [BIT.LY/saturdayclinics](https://bit.ly/saturdayclinics) to see the full vaccination schedule.

Vaccinations available for everyone 6 months and older.

WALK-INS WELCOME • NO APPOINTMENT NEEDED
FREE TO EVERYONE REGARDLESS OF INSURANCE

Logos: Cook County Public Health, COOK COUNTY HEALTH, CountyCare

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2025-2026 FREE
FLU AND COVID-19 VACCINATION CLINICS

Saturday, March 28
8AM - 4PM
Arlington Heights Health Center
3250 North Arlington Heights Road
Suite 300
Arlington Heights, IL 60004

Visit [BIT.LY/saturdayclinics](https://bit.ly/saturdayclinics) to see the full vaccination schedule.

Vaccinations available for everyone 6 months and older.

WALK-INS WELCOME • NO APPOINTMENT NEEDED
FREE TO EVERYONE REGARDLESS OF INSURANCE

Logos: Cook County Public Health, COOK COUNTY HEALTH, CountyCare

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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.

📅 Saturday, {Month} {Date}

🕒 8 AM – 4 PM

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

See the full schedule here: bit.ly/saturdayclinics

2025-2026 FREE
FLU AND COVID-19 VACCINATION CLINICS

Saturday, January 3
8AM - 4PM
Blue Island Health Center
12757 S. Western Ave.
Blue Island, IL

Visit [BIT.LY/saturdayclinics](https://bit.ly/saturdayclinics) to see the full vaccination schedule.

Vaccinations available for everyone 6 months and older.

WALK-INS WELCOME • NO APPOINTMENT NEEDED
FREE TO EVERYONE REGARDLESS OF INSURANCE

Logos: Cook County Public Health, COOK COUNTY HEALTH, CountyCare

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2025-2026 FREE
FLU AND COVID-19 VACCINATION CLINICS

Saturday, February 21
8AM - 4PM
Blue Island Health Center
12757 S. Western Ave.
Blue Island, IL

Visit [BIT.LY/saturdayclinics](https://bit.ly/saturdayclinics) to see the full vaccination schedule.

Vaccinations available for everyone 6 months and older.

WALK-INS WELCOME • NO APPOINTMENT NEEDED
FREE TO EVERYONE REGARDLESS OF INSURANCE

Logos: Cook County Public Health, COOK COUNTY HEALTH, CountyCare

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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.

📅 Saturday, {Month} {Date}

🕒 8 AM – 4 PM

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

See the full schedule here: bit.ly/saturdayclinics

2025-2026 FREE
FLU AND COVID-19 VACCINATION CLINICS

Saturday, December 13
8AM - 4PM
Cottage Grove Health Center
1645 S. Cottage Grove Ave.
Ford Heights, IL 60401

Visit [BIT.LY/saturdayclinics](https://bit.ly/saturdayclinics) to see the full vaccination schedule.

Vaccinations available for everyone 6 months and older.

WALK-INS WELCOME • NO APPOINTMENT NEEDED
FREE TO EVERYONE REGARDLESS OF INSURANCE

Cook County Public Health | COOK COUNTY HEALTH | CountyCare

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2025-2026 FREE
FLU AND COVID-19 VACCINATION CLINICS

Saturday, January 10
8AM - 4PM
Cottage Grove Health Center
1645 S. Cottage Grove Ave.
Ford Heights, IL 60401

Visit [BIT.LY/saturdayclinics](https://bit.ly/saturdayclinics) to see the full vaccination schedule.

Vaccinations available for everyone 6 months and older.

WALK-INS WELCOME • NO APPOINTMENT NEEDED
FREE TO EVERYONE REGARDLESS OF INSURANCE

Cook County Public Health | COOK COUNTY HEALTH | CountyCare

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2025-2026 FREE
FLU AND COVID-19 VACCINATION CLINICS

Saturday, February 14
8AM - 4PM
Cottage Grove Health Center
1645 S. Cottage Grove Ave.
Ford Heights, IL 60401

Visit [BIT.LY/saturdayclinics](https://bit.ly/saturdayclinics) to see the full vaccination schedule.

Vaccinations available for everyone 6 months and older.

WALK-INS WELCOME • NO APPOINTMENT NEEDED
FREE TO EVERYONE REGARDLESS OF INSURANCE

Cook County Public Health | COOK COUNTY HEALTH | CountyCare

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2025-2026 FREE
FLU AND COVID-19 VACCINATION CLINICS

Saturday, March 14
8AM - 4PM
Cottage Grove Health Center
1645 S. Cottage Grove Ave.
Ford Heights, IL 60401

Visit [BIT.LY/saturdayclinics](https://bit.ly/saturdayclinics) to see the full vaccination schedule.

Vaccinations available for everyone 6 months and older.

WALK-INS WELCOME • NO APPOINTMENT NEEDED
FREE TO EVERYONE REGARDLESS OF INSURANCE

Cook County Public Health | COOK COUNTY HEALTH | CountyCare

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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.

📅 Saturday, {Month} {Date}

🕒 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

2025-2026 FREE
FLU AND COVID-19 VACCINATION CLINICS

Saturday, December 20
8AM - 4PM
North Riverside Health Center
1800 S. Harlem Ave.
Suite A
North Riverside, IL

Visit [BIT.LY/saturdayclinics](https://bit.ly/saturdayclinics) to see the full vaccination schedule.

Vaccinations available for everyone 6 months and older.

WALK-INS WELCOME • NO APPOINTMENT NEEDED
FREE TO EVERYONE REGARDLESS OF INSURANCE

Logos: Cook County Public Health, HELIX, COOK COUNTY HEALTH, CountyCare

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2025-2026 FREE
FLU AND COVID-19 VACCINATION CLINICS

Saturday, February 7
8AM - 4PM
North Riverside Health Center
1800 S. Harlem Ave.
Suite A
North Riverside, IL

Visit [BIT.LY/saturdayclinics](https://bit.ly/saturdayclinics) to see the full vaccination schedule.

Vaccinations available for everyone 6 months and older.

WALK-INS WELCOME • NO APPOINTMENT NEEDED
FREE TO EVERYONE REGARDLESS OF INSURANCE

Logos: Cook County Public Health, HELIX, COOK COUNTY HEALTH, CountyCare

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2025-2026 FREE
FLU AND COVID-19 VACCINATION CLINICS

Saturday, March 21
8AM - 4PM
North Riverside Health Center
1800 S. Harlem Ave.
Suite A
North Riverside, IL

Visit [BIT.LY/saturdayclinics](https://bit.ly/saturdayclinics) to see the full vaccination schedule.

Vaccinations available for everyone 6 months and older.

WALK-INS WELCOME • NO APPOINTMENT NEEDED
FREE TO EVERYONE REGARDLESS OF INSURANCE

Logos: Cook County Public Health, HELIX, COOK COUNTY HEALTH, CountyCare

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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.

📅 Saturday, {Month} {Date}

🕒 8 AM – 4 PM

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

See the full schedule here: bit.ly/saturdayclinics

2025-2026 FREE
FLU AND COVID-19 VACCINATION CLINICS

**Saturday,
December 6**

Robbins Health Center
13450 S. Kedzie Ave.
Robbins, IL 60472

Visit [BIT.LY/saturdayclinics](https://bit.ly/saturdayclinics)
to see the full vaccination
schedule.

Vaccinations available for
everyone 6 months and
older.

WALK-INS WELCOME • NO APPOINTMENT NEEDED
FREE TO EVERYONE REGARDLESS OF INSURANCE

Logos: Cook County Public Health, COOK COUNTY HEALTH, CountyCare

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2025-2026 FREE
FLU AND COVID-19 VACCINATION CLINICS

**Saturday,
January 17**

Robbins Health Center
13450 S. Kedzie Ave.
Robbins, IL 60472

Visit [BIT.LY/saturdayclinics](https://bit.ly/saturdayclinics)
to see the full vaccination
schedule.

Vaccinations available for
everyone 6 months and
older.

WALK-INS WELCOME • NO APPOINTMENT NEEDED
FREE TO EVERYONE REGARDLESS OF INSURANCE

Logos: Cook County Public Health, COOK COUNTY HEALTH, CountyCare

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2025-2026 FREE
FLU AND COVID-19 VACCINATION CLINICS

**Saturday,
March 7**

Robbins Health Center
13450 S. Kedzie Ave.
Robbins, IL 60472

Visit [BIT.LY/saturdayclinics](https://bit.ly/saturdayclinics)
to see the full vaccination
schedule.

Vaccinations available for
everyone 6 months and
older.

WALK-INS WELCOME • NO APPOINTMENT NEEDED
FREE TO EVERYONE REGARDLESS OF INSURANCE

Logos: Cook County Public Health, COOK COUNTY HEALTH, CountyCare

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

2025-26 FREE
FLU & COVID VACCINATION CLINICS

ROTATING
Saturdays
8AM-4PM
 October 18, 2025 –
 March 28, 2026

ARLINGTON HEIGHTS
 BLUE ISLAND
 COTTAGE GROVE
 NORTH RIVERSIDE
 ROBBINS



For everyone 6 months and older

WALK-INS WELCOME • NO APPOINTMENT NEEDED
 FREE TO EVERYONE REGARDLESS OF INSURANCE

Protect yourself and others this winter with flu and COVID shots.
 Flu and COVID vaccination clinics are on Saturdays only, on a rotating schedule. See back or scan the QR code at right for dates and locations.

CHECK THE SCHEDULE



Cook County Public Health
 BUILDING RESILIENCE COMMITMENT
 COOK COUNTY HEALTH
 CountyCare A MEDICAID HEALTH PLAN

2025-26
 FREE FLU & COVID VACCINATION CLINICS

Protect yourself and others this winter.

ROTATING CLINIC LOCATIONS & DATES

NORTH SUBURBS

Arlington Heights Health Center
 3250 N. Arlington Heights Rd., #300
 Arlington Heights, IL 60004

WEST SUBURBS

North Riverside Health Center
 1800 South Harlem Ave., Suite A
 North Riverside, IL 60546

SOUTH SUBURBS

Blue Island Health Center
 12757 South Western Ave.
 Blue Island, IL 60406

Cottage Grove Health Center
 1645 South Cottage Grove Ave.
 Ford Heights, IL 60401

Robbins Health Center
 13450 South Kedzie Ave.
 Robbins, IL 60472

Saturdays 8AM-4PM
 10/25/2025
 11/22/2025
 12/27/2025
 1/24/2026
 2/28/2026
 3/28/2026

11/1/2025
 12/20/2025
 2/7/2026
 3/21/2026

11/15/2025
 1/3/2026
 2/21/2026

11/8/2025
 12/13/2025
 1/10/2026
 2/14/2026
 3/14/2026

10/18/2025
 12/6/2025
 1/17/2026
 3/7/2026

CHECK THE SCHEDULE



FOR EVERYONE 6 MONTHS AND OLDER
 FLU & COVID VACCINES • WALK-INS WELCOME
 NO APPOINTMENT NEEDED • FREE TO EVERYONE

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

2025-26
FREE FLU & COVID VACCINATION CLINICS

ROTATING
Saturdays
8AM-4PM
October 18, 2025 —
March 28, 2026

ARLINGTON HEIGHTS
BLUE ISLAND
COTTAGE GROVE
NORTH RIVERSIDE
ROBBINS



For everyone 6 months and older

WALK-INS WELCOME • NO APPOINTMENT NEEDED
FREE TO EVERYONE REGARDLESS OF INSURANCE

Protect yourself and others this winter with flu and COVID shots.
Flu and COVID vaccination clinics are on Saturdays only, on a rotating schedule. See back or scan the QR code at right for dates and locations.

Cook County Public Health
BUILDING HEALTHIER COMMUNITIES
COOK COUNTY HEALTH
CountyCare
A MEDICARE HEALTH PLAN

CHECK THE SCHEDULE



2025-26
FREE FLU & COVID VACCINATION CLINICS

Protect yourself and others this winter.

ROTATING CLINIC LOCATIONS & DATES

Saturdays 8AM-4PM

NORTH SUBURBS

Arlington Heights Health Center
3250 N. Arlington Heights Rd., #300
Arlington Heights, IL 60004

10/25/2025
11/22/2025
12/27/2025
1/24/2026
2/28/2026
3/28/2026

WEST SUBURBS

North Riverside Health Center
1800 South Harlem Ave., Suite A
North Riverside, IL 60546

11/1/2025
12/20/2025
2/7/2026
3/21/2026

SOUTH SUBURBS

Blue Island Health Center
12757 South Western Ave.
Blue Island, IL 60406

11/15/2025
1/3/2026
2/21/2026

Cottage Grove Health Center
1645 South Cottage Grove Ave.
Ford Heights, IL 60401

11/8/2025
12/13/2025
1/10/2026
2/14/2026
3/14/2026

Robbins Health Center
13450 South Kedzie Ave.
Robbins, IL 60472

10/18/2025
12/6/2025
1/17/2026
3/7/2026

CHECK THE SCHEDULE



FOR EVERYONE 6 MONTHS AND OLDER • FLU & COVID VACCINES
WALK-INS WELCOME • NO APPOINTMENT NEEDED
FREE TO EVERYONE REGARDLESS OF INSURANCE

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Multi-Language Fact Sheets: About Flu

About Flu

Frequently Asked Questions



BUILDING HEALTHIER COMMUNITIES



About Flu

Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Influenza A and B viruses routinely spread in people between October and March every year.

The flu is not the same as a cold!

A cold is usually mild. You may feel stuffy, sore throat or sneezy, but you can still go about your day. The flu is more serious and comes on suddenly. It can make you feel very tired, with fever and body aches. It can also lead to more serious illness, hospitalization or even death.

Who is at risk?

Older people, young children, and people with certain health conditions are at higher risk of serious flu complications. The flu virus causes millions of illnesses and thousands of deaths in the U.S. annually.

How flu spreads

The flu virus is spread by droplets made when people with flu cough, sneeze, or talk. People may spread flu to others before realizing they are sick or when sick with symptoms.

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 others beginning one day before symptoms develop and up to five to seven days after becoming sick.

How is flu prevented?

The single most important step in preventing flu is to get a flu vaccine each year. The flu vaccine is safe and effective. Learn more about flu myths and facts at cookcountypublichealth.org.

Who should get a flu shot?

Everyone 6 months and older should get a flu shot (unless a doctor says it is not safe). It is extra important for:

- Babies and young children
- Adults ages 65 and older
- Pregnant people
- People with long-term health problems (like heart disease, lung disease, or diabetes)
- People who live with or care for someone at high risk

Protect yourself and others against flu. Find a flu clinic near you. Scan the QR code at right.

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



CHECK THE SCHEDULE

Flu FAQ

Continued



BUILDING HEALTHIER COMMUNITIES



Symptoms

Flu symptoms usually come on suddenly. People who have flu often feel some or all of these signs and symptoms:

- fever* or feeling feverish
- chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches

*It's important to note that not everyone with flu will have a fever.

Treating the Flu

Medicine may help.

- Some special flu medicines (like Tamiflu) may make you feel better, faster.
- They work best when taken within two days of getting sick.

Stay home if sick.

- Rest and sleep.
- Drink lots of water or soup.
- Take acetaminophen or ibuprofen to help with fever and body aches.
- Stay away from others to avoid spreading flu germs.

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

- Have trouble breathing
- Have chest pain
- Get very weak or dizzy
- Cannot keep fluids down
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

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Multi-Language Fact Sheets: About COVID-19

About COVID-19
Frequently Asked Questions

Cook County Public Health
A Division of Cook County Health

ABOUT COVID

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 mild to severe respiratory illness, 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.

How does COVID spread?

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 mouth.

How is COVID prevented?

Staying up to date with the latest COVID vaccine is the most effective and safe way to prevent severe illness, hospitalization, or death due to COVID infection.

What 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.

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 guardians.
- Adults ages 18 years and older.
- Pregnant people, including after delivery and during breastfeeding.

Protect yourself and others against COVID.
Find a vaccination clinic near you. Scan the QR code at right.

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

CHECK THE SCHEDULE



COVID-19 FAQ
Continued

Cook County Public Health
A Division of Cook County Health

COVID Symptoms

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:

- Have trouble breathing
- Have chest pain
- Have new confusion
- Are unable to wake or stay awake
- Or if lips, nail beds or skin appear pale, gray or blue (depending on skin tone)

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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.