

Staying healthy during holiday flu season (Broadcast)

INTRO:

EACH WINTER – FLU ACTIVITY TENDS TO RISE AS FAMILIES BEGIN GATHERING FOR THE HOLIDAYS.

THIS YEAR IS NO EXCEPTION. NATIONAL SURVEILLANCE DATA SHOWS INFLUENZA CIRCULATING IN MANY REGIONS OF THE COUNTRY... WITH ONGOING ACTIVITY EXPECTED THROUGH WINTER.

TAKE VO

AS TRAVEL... SCHOOL BREAKS AND HOLIDAY EVENTS INCREASE – HEALTH EXPERTS EMPHASIZE PLANNING AHEAD TO STAY WELL.

HEALTH ORGANIZATIONS SUCH AS THE C-D-C... AMERICAN ACADEMY OF PEDIATRICS... AND ILLINOIS DEPARTMENT OF PUBLIC HEALTH ARE ALSO URGING FAMILIES TO STAY ALERT TO FLU SYMPTOMS... AND TAKE STEPS TO PROTECT THEMSELVES.

DR. DOUG KASPER... AN INFECTIOUS DISEASE SPECIALIST WITH OSF HEALTHCARE... TALKS ABOUT THE IMPACT PROTECTING OURSELVES HAS ON OUR COMMUNITIES.

TAKE SOT | DR. DOUG KASPER | INFECTIOUS DISEASE SPECIALIST | OSF HEALTHCARE

“People will start to travel and be around older and younger family members as families congregate. We want people to protect themselves but also be able to enjoy those activities without getting sick,” Dr. Kasper says. “It’s also a time where kids are bringing home infections from school. So, we want our kids to be in school and participate in activities. Anything we can offer them to help keep them in their normal routine is beneficial, which includes flu vaccines for our children.”

VO TAG

FLU VACCINATION REMAINS THE BEST WAY TO REDUCE SEVERE ILLNESS AND DISRUPTION OF NORMAL LIFE... WHICH IS ESPECIALLY IMPORTANT FOR SCHOOL-AGED KIDS WHOSE ATTENDANCE AT SCHOOL CAN AFFECT THE WHOLE HOUSEHOLD.