



Public Health
Prevent. Promote. Protect.

Media Release

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To: All Media
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For Immediate Release

Area health departments recommend prevention measures with respiratory illness season approaching

With respiratory illness season on the horizon, the three Tri-County Health Departments (Peoria, Tazewell, and Woodford) are recommending prevention measures to prepare your household for the season. Based on historical trends, respiratory illness activity which includes flu, COVID, and RSV among others will begin to increase from the beginning of November and extend into winter 2026.

The following prevention measures are recommended during this time to ensure the health and safety of all households and people in the Tri-County area:

- Get vaccinated for respiratory illnesses, if possible. For questions about eligibility or to schedule an appointment call Peoria City/County Health Department at 309-679-6655, Tazewell County Health Department at 309-929-0294, or Woodford County Health Department at 309-467-3064.
- Stay home from work, school, and other activities if you are sick and stay away from others you live with who are not sick.
 - Return to normal activities when, for at least 24 hours, your symptoms are getting better overall **AND** you have not had a fever (and are not using fever-reducing medications).
- Cough or sneeze into your arm, shoulder or tissue (not hands) to reduce the spread of germs that can be passed from hand-touching surfaces or people
- Wash your hands often with soap and warm water for at least 20 seconds
- Consider wearing a mask when visiting healthcare facilities such as hospitals or long-term care facilities

The Tri-County Health Departments firmly believe this guidance is in the best interest of public health and safety.

For more information on important public health issues, visit your local Health Department website:

Peoria City/County Health Department www.pcchd.org
Tazewell County Health Department www.tazewellhealth.org
Woodford County Health Department health.woodfordcountylil.gov