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Get a shot, not the flu

Seasonal flu vaccine now available; MMDHD announces clinics

Ithaca, Stanton, St. Johns~ If you've ever had the flu you know it's an illness you'd rather not catch again. Many flu sufferers find themselves confined to bed for up to one week with high fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches. While the flu is no doubt miserable, for many it can turn deadly.

Each year, complications from flu illness lead to everything from a loss of workplace productivity to death. According to the Centers for Disease Control and Prevention (CDC), every year in the United States, on average, 5% to 20% of the population gets the flu, more than 200,000 are hospitalized as a result of flu complications and about 36,000 die from the flu.

"The flu should not be taken lightly," said Dr. Robert Graham, Medical Director for the Mid-Michigan District Health Department (MMDHD). "One person infected with the flu can potentially infect up to fifteen others. The best way to prevent influenza and its potentially life-threatening complications is for everyone age six months and older, especially those at high risk for developing serious flu complications, such as older people, young children, and people with certain health conditions, to get vaccinated."

The seasonal flu vaccine is now available. Please call MMDHD at 989-831-5237 to make an appointment or plan to attend one of the following vaccination clinics. The cost is \$30 per shot and Medicaid and Medicare are accepted. You may also visit www.mmdhd.org for more information.

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| September 23: | Mid-Michigan District Health Department, Stanton
9:00 a.m. – noon and 1:00 p.m. – 4:00 p.m. |
| September 30: | Mid-Michigan District Health Department, Stanton
8:30 a.m. – noon and 1:00 p.m. – 4:30 p.m. |
| October 13: | Mid-Michigan District Health Department, Stanton
9:00 a.m. – 11:30 a.m. (A-L); 1:30 p.m. – 4:00 p.m. (M-Z) |

Mid-Michigan District Health Department serves the residents of Clinton, Gratiot and Montcalm Counties.

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