



FOR IMMEDIATE RELEASE 09-20-10

CONTACT: Leslie Kinnee

989-831-3669, kinnee@mmdhd.org

Mid-Michigan District Health Department

615 N. State St., Stanton, MI 48888-9702, www.mmdhd.org

MMDHD announces flu clinics

Stanton~ Mid-Michigan District Health Department (MMDHD) officials would like to remind residents that the flu season is once again upon us and that it's better to "Get a shot, not the flu!"

If you've ever had the flu you know it's an illness you'd rather avoid at all costs. 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 - 20 percent 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 15 others. The best way to prevent influenza and its potentially life-threatening complications is for everyone, including healthy people, age six months and older, to get vaccinated. For those at high risk for developing serious flu complications, such as older people, young children, and people with certain health conditions, vaccination is especially important."

The 2010-2011 flu vaccine will protect against three different types of flu viruses: H3N2, influenza B, and H1N1. It is effective throughout the entire flu season, which can begin as early as October and last as late as May. And for the first time, it is recommended that everyone six months of age and older receive a seasonal flu vaccine.

Please call MMDHD at 989-224-2195 in Clinton County, 989-875-3681 in Gratiot County, or 989-831-5237 in Montcalm County to make an appointment or plan to attend one of the following vaccination clinics. The cost is \$30 per shot and Medicaid and Medicare Part B are accepted. Those with insurance that covers the cost of immunizations should contact their physician.

Clinton County:

- October 11: Clinton County RESA, St. Johns
9:00 a.m. – 11:30 a.m. (A-K) and 1:30 p.m. – 4:00 p.m. (L-Z)
- October 25: MMDHD- call for appointment (989-224-2195)

Gratiot County:

- October 9: Masonic Pathways, Alma
8:00 a.m. – 11:00 a.m.

- October 12: Gratiot County Commission on Aging, Ithaca
9:00 a.m. - 11:30 a.m. (A-K) and 1:00 p.m. - 4:00 p.m. (L-Z)
- October 13: Gratiot Community Senior Center, St. Louis
9:00 a.m. - 11:30 a.m. (A-K) and 1:00 p.m.– 4:00 p.m. (L-Z)
- October 26: MMDHD- call for appointment (989-875-3681)

Montcalm County:

- October 15: Montcalm Commission on Aging
9:00 a.m. – 11:30 a.m. (A-K) and 1:30 p.m. – 4:00 p.m. (L-Z)
- October 28: MMDHD- call for appointment (989-831-5237)

Flu shots will also be available at MMDHD during regularly-scheduled immunization clinics. Please call for an appointment:

- Clinton County: 989-224-2195
Gratiot County: 989-875-3681
Montcalm County: 989-831-5237

You may also visit www.mmdhd.org for more information.

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

###