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Get a shot and not the flu

Everyone six months and older advised to get vaccinated

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 and 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 percent to 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 2011-2012 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. Contrary to what some may think, receiving the flu vaccine does not "give" the person the flu. Some people do experience minor side effects, which most commonly include nasal congestion and runny nose.

Mid-Michigan District Health Department is currently offering the following influenza vaccination clinics:

Clinton County:

Every Monday: Mid-Michigan District Health Department in St. Johns
9:00 a.m. – noon and 1:00 – 4:00 p.m.

Gratiot County:

October 5: Commission on Aging, Ithaca
8:00 a.m. – noon

October 12: Senior Center, St. Louis
8:00 a.m. – noon

-more-

2~ Influenza

Every Tuesday: Mid-Michigan District Health Department in Ithaca
9:00 a.m. – noon and 1:00 p.m. – 4:00 p.m.

Montcalm County:

October 13: Mid-Michigan District Health Department in Stanton
9:00 a.m. – 11:30 a.m. and 1:00 p.m. – 4:00 p.m.

Every Wednesday: Mid-Michigan District Health Department in Stanton
9:00 a.m. – noon and 1:00 – 4:00 p.m.

No appointment is necessary to attend any of MMDHDs influenza vaccination clinics. The cost of the shot is \$30 and Medicaid and Medicare are accepted. In addition, MMDHD now participates with the following insurance companies:

Aetna
BCBS of Michigan
Cigna
United Health Care
Golden Rule
McClaren Commercial
Mutual of Omaha
TriCare
PHP Commercial
Priority Health

You may also visit www.mmdhd.org for more information, or call 989-224-2195 in Clinton County, 989-875-3681 in Gratiot County, or 989-831-5237 in Montcalm County.

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

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