



MID-MICHIGAN DISTRICT HEALTH DEPARTMENT

Your public health team, connecting with our communities to achieve healthier outcomes

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www.mmdhd.org



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Don't give or receive the gift of influenza this holiday season

Stanton- The holidays are quickly approaching, which means a lot of hustle and bustle, holiday parties and family get-togethers. During this flurry of activity you're bound to exchange a gift or two; make sure influenza isn't one of them!

The flu can spread quite quickly, especially in confined areas, like at grandma's house during the holidays. You certainly don't want to be the one who shares his germs with the entire family, nor do you want to be the recipient of such an unwanted gift, so protect yourselves and those around you - get vaccinated!

The absolute best way to prevent the flu and its potentially life-threatening complications is for everyone, including healthy people, age six months and older, to get vaccinated. Children less than six months of age are too young to get a flu vaccine, so the best way to protect them is to vaccinate those around them, including parents, family members, and those who care for them. For those at high-risk for developing serious flu complications, such as the elderly, young children, pregnant women, those with weakened immune systems, and people with certain health conditions, vaccination is especially important.

The vaccine is available at a variety of places, including your doctor's office, many pharmacies, or the health department.

Mid-Michigan District Health Department participates with the Vaccines for Children (VFC) program, as well as many types of insurance. The health department offers Flumist nasal spray, Fluzone High Dose, and preservative-free options, as well as the "regular" flu shot. Please call your nearest branch office for more information, to see if your insurance is accepted, or to schedule an appointment.

Clinton County Branch

1307 E. Townsend Road, St. Johns
989-224-2195.

Gratiot County Branch

151 Commerce Drive, Ithaca
989-875-3681

Montcalm County Branch

615 N. State Street, Stanton
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.

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