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Release Date:

10/5/2023

Kicking off Flu Season with Walk-In Flu Clinics

St. Johns, Stanton, Ithaca, MI – The Mid-Michigan District Health Department (MMDHD) is reminding residents of the upcoming influenza (flu) season and highlighting the importance of receiving an annual flu shot. Per the CDC, everyone 6 months and older in the United States should get a flu vaccine every season with rare exception.

MMDHD is assisting in making flu shots easily accessible by providing 3 Walk-In Flu Shot Clinics in October. The clinics will be held from 8:30am-4pm at all 3 MMDHD locations in Clinton, Gratiot, and Montcalm Counties. The dates and addresses are listed below:

- **October 12, 2023 – Montcalm County, 615 N. State Street, Stanton, MI**
- **October 19, 2023 – Gratiot County, 151 Commerce Drive, Ithaca, MI**
- **October 26, 2023 – Clinton County, 1307 E. Townsend Road, St. Johns, MI**

Flu shots will be available for everyone ages 6 months and up. No appointment is necessary on these days, though a valid ID and proof of insurance will be required. Most insurance will be accepted. COVID-19 Vaccines will be offered, depending on availability.

These Walk-In Flu Shot Clinics serve as a convenient way to get the annual flu shot ahead of the upcoming flu season. The exact timing and length of the flu season varies, but flu activity often begins to increase in October. Most of the time flu activity peaks between December and February, although significant activity can last as late as May.

For most people who need only one dose of flu vaccine for the season, September and October are generally good times to be vaccinated against flu. Ideally, everyone should be vaccinated by the end of October.

To learn more about the flu season, visit: www.cdc.gov/flu

To learn more about immunizations at MMDHD, visit: www.mmdhd.org/immunizations

The Mid-Michigan District Health Department has proudly served the residents of Clinton, Gratiot, and Montcalm Counties since 1966. We take action to protect, maintain and improve the health of our community.

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