

**Contact Information:**

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**Free Flu Shots for Farmworkers at MMDHD**

**St. Johns, Stanton, Ithaca, MI** – The Mid-Michigan District Health Department is offering free flu shots to those who work directly with dairy and/or poultry. Michigan saw many counties affected by Highly Pathogenic Avian Influenza (HPAI), or H5N1 bird flu. In response, we are offering free flu shots to Farmworkers and those directly impacted.

HPAI is a virus that has been found in cows. It can also be found in poultry and other animals. People who work with infected animals or their byproducts (for example, raw milk), such as dairy and poultry workers, might get sick from the virus. Those interested can call us for more information, or scan the QR Code to get started:



**Clinton County: 989-224-2195 (Option 5, then 2)**  
**Gratiot County: 989-875-3681 (Option 5, then 2)**  
**Montcalm County: 989-831-5237 (Option 5, then 2)**

Symptoms of HPAI can include eye redness, mild flu-like upper respiratory symptoms, fever (temperature of 100°F [37.8°C] or greater), cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, shortness of breath or difficulty breathing, and pneumonia requiring hospitalization.

HPAI can spread from animals to humans in several different ways. Those include:

- Touching something contaminated with the virus and touching your eyes, nose, or mouth.
- If a liquid which contains live virus splashes into your eyes (like raw cow's milk from an infected cow, for example).
- Eating, drinking, or inhaling droplets contaminated with virus.
- Handling sick or dead animals infected with the virus.

In addition, we have also developed a new webpage on our website, [www.mmdhd.org/farmworker](http://www.mmdhd.org/farmworker). These efforts we are taking are to ensure that information is available to Farmworkers and reduce exposure to the virus.

To learn more about immunizations at MMDHD, visit: [www.mmdhd.org/immunizations](http://www.mmdhd.org/immunizations).

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*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.*