Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities

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PRESS RELEASE FOR LOCAL MEDIA

To: **Local News Media**

From: Central Michigan District Health Department

RE: **National Influenza (Flu) Vaccination Week**

Release Date: November 27, 2019

EVERYONE, ages 6 months and older, should get a flu shot this year. This is the recommendation from the Centers for Disease Control and Prevention (CDC) and the Central Michigan District Health Department as National Influenza Vaccination Week (December 1 - 7, 2019) is quickly approaching. People of every age, including those in good health, are at risk of getting the flu. This is especially important for those people at high risk for flu complications. This includes those people with serious health conditions, the elderly, young children and those with weakened immune systems.

Residents in Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon Counties can get a flu shot by making an appointment or visiting one of our local health department branch offices during our walk-in clinic hours. Local pharmacies and doctors' offices may also be offering the vaccine. Our staff will also provide information about other vaccines that may be right for you at the time of your visit.

Getting a flu shot is the best way to prevent the flu and to protect those around you who cannot get the flu shot. As long as flu viruses are circulating, it is not too late to be vaccinated and your local health department encourages all local residents to do so. Other tips to stay healthy this winter include:

- If you are sick, stay home to avoid getting others sick.
    - If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone without a fever reducing medicine.
- Avoid close contact with people who are coughing or appear ill.
- Do not touch your eyes, nose and mouth.

- Wash hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are good to use when soap and water are not available.
- Cover your nose and mouth with a tissue when you sneeze or cough and throw the tissue in the trash. If no tissue is available, sneeze or cough into your elbow.
- Eat healthy, drink plenty of water and get as much rest as possible.
- People who have symptoms such as a cough, fever, fatigue, sore throat, chills, headaches, body aches (possibly along with diarrhea and vomiting), should call their doctor.
- Checking with your local health department or medical provider to see if there are other immunizations you need.

We encourage local residents to access our website at www.cmdhd.org or call one of our offices at the numbers listed below for additional information or to make an appointment.

Arenac County:	(989) 846-6541, option 2	Isabella County:	(989) 773-5921, option 2
Clare County:	(989) 539-6731, option 2	Osceola County:	(231) 832-5532, option 2
Gladwin County:	(989) 426-9431, option 2	Roscommon County:	(989) 366-9166, option 2

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at www.cmdhd.org, LIKE Central Michigan District Health Department on Facebook and follow us on Twitter @CMiDHD.

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To request an interview, please visit our website (cmdhd.org) and fill out the Media Interview Request Form.

Source: Centers for Disease Control and Prevention, National Influenza Vaccination Week
http://www.cdc.gov/flu/nivw/index.htm