



# Central Michigan District Health Department

*Promoting Healthy Families, Healthy Communities*



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## PRESS RELEASE FOR LOCAL MEDIA

**To: Local Media Outlets**  
**From: Central Michigan District Health Department**  
**RE: CMDHD Promoting National Influenza Vaccination Week**  
**Release Date: December 2, 2024**

### **CMDHD is Promoting National Influenza Vaccination Week: December 2-6, 2024**

*Protect yourself and those around you by getting your annual flu shot.*

Central Michigan District Health Department (CMDHD) and the Centers for Disease Control and Prevention (CDC) are recommending an annual influenza (“flu”) vaccine for everyone age 6 months and older. The updated COVID-19 vaccine is also recommended. Influenza and COVID-19 vaccines can be administered safely in the same visit.

Preventing both influenza and COVID-19 is important not only for your health, but to protect those around you. Vaccines decrease the risk of severe illness and hospitalization, which helps prevent added strain on our medical system. People of every age, including those in good health, are at risk of getting influenza and having serious complications, including death. Some are at higher risk for complications from influenza, such as those with serious health conditions, the elderly, young children, those who are pregnant, and those with weakened immune systems.

“While this year’s influenza season has officially started, it will continue for months,” said Dr. Jennifer Morse, CMDHD Medical Director. “The shot protects against three different strains of flu, so even if you have had the flu this year, it is important to still get vaccinated to be fully protected against the other strains.”

Find a CMDHD clinic that is convenient for you at <https://www.cmdhd.org/countyimmunizations>. Our staff will also provide information about other vaccines that may be right for you at the time of your visit. Many local pharmacies and medical provider offices also offer the vaccine.

Learn more about influenza at <https://www.cmdhd.org/seasonal-flu>. Contact CMDHD’s Personal Health staff at (989) 314-7570 for additional information or to make an appointment.

**Please visit us online at [www.cmdhd.org](http://www.cmdhd.org).**

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](http://www.cmdhd.org) and follow us on [Facebook](#) and [Instagram](#).

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*To request an interview, please visit our website ([cmdhd.org](http://cmdhd.org)) and fill out the [Media Interview Request Form](#).*



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