



MID-MICHIGAN DISTRICT HEALTH DEPARTMENT

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

Submitted by: Leslie Kinnee, Public Information Officer
615 N. State St., Stanton, MI 48888-9702
989-831-3669, kinnee@mmdhd.org

www.mmdhd.org



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Why get a flu shot?

Stanton- “Why should I get a flu shot?” This is a statement healthcare professionals hear quite often, especially this time of year. And to that MMDHD says, why not? There are numerous reasons why you should get a seasonal flu shot; here are just a few:

Reason #1: Symptoms of influenza include high fever, chills, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches. Vomiting and diarrhea can also be experienced. A bout of the flu can make you quite miserable and put you out of commission for up to a week. Not everyone with flu will have a fever, or experience all of the symptoms, but why take the chance?

Reason #2: According to Dr. Robert Graham, Medical Director for the Mid-Michigan District Health Department (MMDHD), one person infected with the flu can potentially infect up to 15 others. It’s easy to see how the flu can spread quite quickly, especially in confined areas, such as schools and daycares. That’s why it’s so important to keep kids home when they are sick.

Reason #3: 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.

Reason #4: The vaccine is effective throughout the entire flu season, which can begin as early as October and as late as May. Contrary to what some may think, receiving the flu vaccine does not “give” the person the flu, but some people may experience brief nasal congestion and a runny nose.

Reason #5: Research has shown that the absolute best way to prevent the flu and it’s potentially life-threatening complications is for everyone, including healthy people, age six months and older, to get vaccinated.

Reason #6: 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.

Reason #7: Vaccination of parents, relatives, and caregivers of children less than six months is critical.

The vaccine is available at a variety of places, including your doctor’s office, many pharmacies, or MMDHD.

-more-

2- Why get a flu shot?

Mid-Michigan District Health Department participates with the Vaccines for Children (VFC) program, as well as many types of insurance. We offer 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 we participate with your insurance, 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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