



MID-MICHIGAN DISTRICT HEALTH DEPARTMENT

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

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www.mmdhd.org



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Why get a flu shot?

Ithaca, Stanton, St. Johns- Have you received your flu shot yet? If not, what are you waiting for? There are numerous reasons why you should get a yearly flu shot, and 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. A bout of the flu can make you quite miserable and put you out of commission for up to a week. Not everyone with the flu will experience all of these symptoms, but why take the chance?

Reason #2: 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 last 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 its 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.

Getting the flu vaccine has never been more convenient. The vaccine is available at a variety of places, including your doctor's office, many pharmacies, or MMDHD.

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

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2- Why get a flu shot?

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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