



## MID-MICHIGAN DISTRICT HEALTH DEPARTMENT

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

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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. There are actually numerous reasons why everyone, age six months and older, should get a seasonal flu shot, and here are just a few:

Reason #1: Symptoms of influenza may 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. Why take the chance?

Reason #2: 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 #3: Contrary to what some may think, receiving the flu vaccine does not “give” the person the flu, but some may experience brief nasal congestion and a runny nose.

Reason #4: 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 #5: 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.

It’s never been more convenient to get a flu vaccine. It’s 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 insurances. 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](http://www.mmdhd.org) for more information.

*Mid-Michigan District Health Department serves the residents of Clinton, Gratiot and Montcalm Counties.*

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