



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 should you get a flu shot?

Ithaca, Stanton, St. Johns- Are you still on the fence when it comes to getting a flu shot? If so, don't wait too long to make up your mind, because like it or not, flu season is right around the corner.

According to the Centers for Disease Control and Prevention, there are many good reasons why everyone, age six months and older, should get a seasonal flu shot. Here are just a few:

Reason #1: A bout of the flu can make you quite miserable and put you out of commission for up to a week. Symptoms may include high fever, chills, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, and even vomiting and diarrhea. 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.

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.

Reason #6: It's never been more convenient to get the flu vaccine. It's available at a variety of places, including your doctor's office, many pharmacies, or the Mid-Michigan District Health Department.

Mid-Michigan District Health Department participates with the Vaccines for Children (VFC) program, as well as many types of insurances. We offer Fluzone High Dose, preservative-free options and 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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