Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities

Public Health Accreditation Board
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Accredited Health Department

Steve Hall, RS, MS
Health Officer

Jennifer Morse, MD, MPH, FAAFP
Medical Director

PRESS RELEASE FOR LOCAL MEDIA

To: Local News Media

From: Central Michigan District Health Department

RE: CMDHD Promoting National Influenza Vaccination Week

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CMDHD is promoting National Influenza Vaccination Week – December 4 – 8, 2023 -- as a time to protect yourself and your community by getting your annual flu shot.

National Influenza Vaccination Week is approaching, and Central Michigan District Health Department, along with the Centers for Disease Control and Prevention (CDC), is recommending an annual influenza (flu) vaccine for everyone age 6 months and older. This year, the updated COVID-19 vaccine is also recommended. Flu and COVID-19 vaccines can be administered safely in the same visit.

"National Influenza Vaccination Week is a critical opportunity to remind everyone 6 months and older that there's still time to protect themselves and their loved ones from flu this season," says Dr. Jennifer Morse, CMDHD Medical Director. "While the flu season has already started, it will continue for months. The vaccine protects against four 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."

Preventing both flu and COVID-19 is important not only for your health, but to protect those around you. Vaccines for flu and COVID-19 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 the flu 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. [CDC]

Our branch offices in Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon Counties have walk-in hours each week for flu, COVID-19, and routine immunizations. To find a clinic that is convenient for you, please visit 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.

Getting a flu vaccine is the best way to prevent the flu, to lessen the severity of flu if you do get it, and to protect those around you who cannot get a flu vaccine. Flu vaccines protect against the flu, while COVID-19 vaccines protect against the virus that causes COVID-19. Other tips to stay healthy this winter include:

- If you are sick, stay home to avoid getting others sick.
    - If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone without a fever reducing medicine. If you are positive for COVID-19, the stay-at-home guidance is different.
- Avoid close contact with people who are coughing or appear ill.
- Consider using a mask or respirator as they can help reduce the number of germs you breathe in. You can also use masks to help protect others if you are sick with a respiratory illness.
- Do not touch your eyes, nose, or mouth.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are good to use when soap and water are not available.
- Cover your nose and mouth with a tissue when you sneeze or cough and throw the tissue in the trash. If no tissue is available, sneeze or cough into your elbow.
- Eat healthy foods, drink plenty of water, and get as much rest as possible.
- People who have symptoms such as a cough, fever, fatigue, sore throat, chills, headaches, body aches (possibly along with diarrhea and vomiting), should call their doctor.
- Check with your local health department or medical provider to see if there are other immunizations you need.

We encourage local residents to access our website at https://www.cmdhd.org/seasonal-flu or contact CMDHD Personal Health department at (989) 314-7570 for additional information or to make an appointment.

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 and follow us on Facebook and Instagram.

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