



CMDHD TODAY

Central Michigan District Health Department Newsletter

GET YOUR
FLU SHOT

MDHHS URGES MICHIGAN RESIDENTS TO GET FLU VACCINE THIS FALL

The Michigan Department of Health and Human Services (MDHHS) is urging Michiganders to get their flu vaccine as soon as possible to protect themselves and their communities from flu this season.

Getting a flu vaccine is critical because flu viruses and the virus that causes COVID-19 will likely be spreading simultaneously. Residents can get their COVID-19 vaccine at the same time as their flu vaccine. According to the CDC, those who are at higher risk for contracting flu are also at a higher risk for contracting COVID-19. Vaccinations for both COVID-19 and the flu are safe, effective strategies to protect ourselves, our families and our communities from illness.

"Annual flu vaccination is recommended for individuals aged 6 months and up, and we encourage you to schedule your appointment as soon as possible to receive protection this flu season," said Dr. Natasha Bagdasarian, MDHHS chief medical executive. "There is an ample supply of flu vaccine available in many convenient locations, from primary care providers to local pharmacies, and you can receive your flu shot at the same time as many other vaccines (including the COVID-19 vaccine)."

This season, CDC has adopted new recommendations for older adults. Adults aged 65 years and older are recommended to receive one of the following if available: high-dose influenza vaccine, adjuvanted influenza vaccine, or recombinant influenza vaccine, over standard-dose influenza vaccine.

Find a local immunization clinic [here](#). Read the entire MDHHS press release [here](#).

UPDATES & RESOURCES

- If you or someone you know needs meals, clothing, shelter, or other essential items, click [here](#) or call 2-1-1 for local non-emergency resources.
- For more information on these topics and others please visit us on [Facebook](#) or [cmdhd.org](#).

**Subscribe to
CMDHD TODAY**

**THANK YOU FOR
YOUR INTEREST IN
LOCAL PUBLIC HEALTH!**



WORLD
MENTAL HEALTH
DAY 10TH OCTOBER

'TIS THE SEASON FOR OUTDOOR ACTIVITIES!



When you are out enjoying the autumn months and happen to come across loose syringes in your community, you can call or text us to report them at 989-259-4549. Our team will properly clean them up to keep our environment safe!



CMDHD RECOGNIZES WORLD MENTAL HEALTH DAY ON OCTOBER 10

Central Michigan District Health Department (CMDHD) would like to recognize World Mental Health Day on October 10, 2022. Mental health awareness continues to hold an important role in the overall health and well-being of our world. The efforts at increasing awareness and decreasing stigma regarding mental illness and behavioral health issues are helping, but we have more work to do.

You can do your part in helping to raise awareness by being open with others about your own mental health and how you are feeling. Talk about emotions and struggles. Normalize the negative emotions that come through life stresses by acknowledging them and working through them, even seeking the help of a professional if needed. Be a listening ear for someone who is struggling in their own life.

Another important facet of helping increase mental health awareness and overall health in our communities is to be aware of the resources available for individuals who are experiencing a mental health crisis. Do not be afraid to point people in the right direction for local resources, even helping them make the call if necessary.

The newest resource is 988. Individuals can dial 988 for suicide prevention and mental health crises. In addition to the 988 number, you can call the National Suicide Prevention Lifeline at 1-800-273-8255, or you can text HOME to 741741 to reach a crisis counselor.

Read [CMDHD's press release](#) about World Mental Health Day 2022.



CMDHD TODAY

FLU & COVID-19 IMMUNIZATION CLINIC

**MONDAY, OCTOBER 10 &
THURSDAY, OCTOBER 27
9AM - 12PM & 1PM-5PM**

**SAGANING TRIBAL CENTER
5447 STURMAN RD, STANDISH**

FLU: AGES 6 MOS. & UP.

**COVID: AGES 6 MOS. & UP FOR 1ST OR 2ND DOSE.
AGES 18 YEARS & UP FOR BOOSTER.**



**Scan the QR code or click [here](#) to
schedule your appointment.**

*Walk-ins accepted as time allows. Please wear a mask around others. We accept most private insurances, Medicaid, and Vaccines For Children Program (little to no cost to patient). **Children must be accompanied by parent/guardian.** Please bring your COVID-19 vaccination card if you will be receiving a booster. Contact Arenac County Transit at 989-846-7500 for transportation options.*

**Central Michigan District
Health Department**

Promoting Healthy Families, Healthy Communities

www.cmdhd.org





GOV. WHITMER MAKES MAJOR INVESTMENT IN VETERAN SUICIDE PREVENTION

Governor Gretchen Whitmer announced a \$1.2 million investment in veteran suicide prevention programs, improving the health and well-being of Michigan's more than 550,000 military veterans and their families. This represents the largest investment in veteran suicide prevention outreach since at least the year 2000 and likely the largest in Michigan history according to available data. The investment was announced today following a roundtable discussion with veterans and veteran advocates attended by Lt. Governor Garlin Gilchrist II and Michigan Veterans Affairs Agency (MVAA) Director Zaneta Adams.

"Veteran suicide remains a persistent problem in Michigan and nationwide, and we must use every resource and tool we have to protect the lives of our former service members," said Governor Whitmer. "Today's investment will expand funding for suicide prevention efforts in Michigan and build on the ongoing efforts of the Michigan Veterans Affairs Agency to keep veterans and their families safe and healthy. In the last bipartisan budget I signed, we made the largest investment in veteran suicide prevention in over 20 years because the brave men and women who fought for our country deserve our strong support in both our words and actions. I will work with anyone to ensure that they have high-quality mental and physical health care and economic and educational opportunities. Let's keep delivering for our veterans and their families."

"Michigan veterans are the best of us, and we owe our best effort and investment to support them and their families," said Lt. Governor Garlin Gilchrist II.

Read the full press release [here](#).

**DON'T STOP
BELEAFING IN THE
FLU VACCINE.
GET YOUR SHOT TODAY!**

The flu vaccine is safe for everyone
6 months old and up.

Visit www.cmdhd.org/seasonal-flu to find
out more and locate a clinic near you.

Central Michigan District Health Department
Promoting Healthy Families. Healthy Communities.



CMDHD TODAY



CENTRAL MICHIGAN DISTRICT HEALTH DEPARTMENT

VACCINE WALK-IN CLINIC

for ages 6 months through adult

BEAL CITY HIGH SCHOOL

TUESDAY, OCTOBER 11 · 2PM - 6 PM

Please wear a mask around others. We accept most private insurances, Medicaid, and Vaccines For Children Program (little to no cost to patient). Children must be accompanied by parent/guardian. Please bring your COVID-19 vaccination card if you will be receiving a booster.



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CMDHD TODAY

BACK TO SCHOOL IMMUNIZATIONS

WEDNESDAY, OCTOBER 19

4:00 - 6:00PM

CMDHD Clare Office • 815 N. Clare Ave. Suite B • Harrison

**TO SCHEDULE AN APPOINTMENT,
CALL US AT 989-539-6731.**

• Children must be accompanied by parent/guardian •



Central Michigan District Health Department

www.cmdhd.org

Walk-ins accepted as time allows. We accept most private insurances, Medicaid, and Vaccines For Children Program (little to no cost to patient).



**Please scan the QR code
for more information.**



COVID-19

CORONAVIRUS



CMDHD COVID-19 VACCINATION RATES*

District Average
51.3%

Arenac.....	56.1%
Clare.....	50.0%
Gladwin.....	52.8%
Isabella.....	49.1%
Osceola.....	45.4%
Roscommon.....	60.8%

**Percentage of population 6 months of age & above with at least one dose of the vaccine as of 09/07/2022.*

Information around the COVID-19 outbreak continues to change rapidly. Visit [MDHHS](#) or [CDC](#) for more information.

Click [here](#) for weekly information on confirmed Coronavirus (COVID-19) cases in our jurisdiction.

WALK-IN COVID-19 VACCINATION CLINICS

ARENAC BRANCH OFFICE
4489 W M-61, SUITE 3 IN STANDISH
WEDNESDAYS & FRIDAYS 1PM-4:30PM

CLARE BRANCH OFFICE
815 N CLARE AVENUE, SUITE B IN HARRISON
WEDNESDAYS 1PM-4PM

GLADWIN BRANCH OFFICE
103 N BOWERY IN GLADWIN
TUESDAYS & FRIDAYS 8:30AM-12PM & 1PM-4PM

ISABELLA BRANCH OFFICE
2012 E. PRESTON STREET IN MT. PLEASANT
MONDAYS 8:30-11:30AM & 1PM-4PM, WEDNESDAYS
8:30-11:30AM, AND FRIDAYS 1PM-4PM

OSCEOLA BRANCH OFFICE
22054 PROFESSIONAL DR., SUITE D IN REED CITY
MONDAYS 1PM-4PM

ROSCOMMON BRANCH OFFICE
200 GRAND AVE, SUITE A IN PRUDENVILLE
WEDNESDAYS 9AM-11:30AM

**AGES 6 MONTHS & UP. NO APPOINTMENT NEEDED.
VISIT [CMDHD.ORG](#) FOR MORE INFORMATION.**

COVID-19 TESTING

TESTING IS FOR THOSE EXPERIENCING SYMPTOMS OR EXPOSED TO A POSITIVE CASE ONLY.

ARENAC COUNTY - CALL (989) 846-6541 TO MAKE AN APPOINTMENT
CMDHD Branch Office - 4489 W. M-61, Standish

GLADWIN COUNTY - CALL (989) 426-9431 TO MAKE AN APPOINTMENT
CMDHD Branch Office - 103 N. Bowery, Gladwin

VISIT [COVID-19 TESTING](#) FOR MORE INFORMATION ON LOCAL TESTING SITES.



CMDHD TODAY

FLU & COVID-19 IMMUNIZATION CLINIC

**THURSDAY, OCTOBER 20
9AM - 12PM & 1PM-3PM**

**SOARING EAGLE CASINO & RESORT
ENTERTAINMENT HALL
6800 SOARING EAGLE CASINO BLVD.**

FLU: AGES 6 MOS. & UP.

**COVID: AGES 6 MOS. & UP FOR 1ST OR 2ND DOSE.
AGES 18 YEARS & UP FOR BOOSTER.**



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