

# District Health Department #10

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Mecosta, Missaukee, Newaygo, Oceana, and Wexford Counties  
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## MEDIA RELEASE

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### College Students Urged To Get H1N1 Flu Vaccine

Despite a drop in the number of flu-like illnesses reported in schools and on college campuses, students are being urged to get the H1N1 flu vaccine. The Health Department is encouraging college students to be vaccinated during the holidays while they are home on break.

“Flu activity is still much greater than usual for this time of year,” said Dr. James Wilson, Medical Director for District Health Department #10. “During the holidays when people gather together with families and at social events, there is even more opportunity for transmitting the flu virus.”

Living in close quarters in dormitories puts college students at higher risk for contracting the H1N1 virus. Yet many young adults don't believe they need to be vaccinated. Even people who think they've had H1N1 should get the vaccine unless they actually were tested for the virus. Most healthy students will qualify for the nasal form of the vaccine.

Health officials say that pandemics like H1N1 tend to come in three waves, and the U.S. is in the second wave. While the peak of the current wave seems to have passed, the real question now is whether enough children and young adults have been vaccinated so that there's not enough susceptibility to sustain a third wave.

“The CDC predicts that about 1 out of every 6 Americans have gotten sick with H1N1,” said Dr. Wilson. “This means that 5 out of 6 people haven't gotten it yet and still need protection through vaccination. If only some people get vaccinated, the virus continues to spread. If most people get vaccinated, spread is contained, because there are less unprotected people.”

Officials predict the third wave of H1N1 might come during the traditional period for seasonal flu, from February to April. The holiday travel season could accelerate the arrival of that wave. Vaccination can help head off another wave of infection.

For information on where to get vaccinated, call your local county office of District Health Department #10. Or visit [www.google.com/flushot](http://www.google.com/flushot) to search by city or zip code.

Crawford Co: 989-348-7800  
Kalkaska Co: 231-258-8669  
Lake Co: 231-745-4663  
Manistee Co: 231-723-3595  
Mason Co: 231-845-7381

Mecosta Co: 231-592-0130  
Missaukee Co: 231-839-7167  
Newaygo Co: 231-689-7300  
Oceana Co: 231-873-2193  
Wexford Co: 231-775-9942

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