

RESIDENTS URGED TO GET VACCINATED DUE TO WIDESPREAD FLU

District Health Department #10 still offering flu shots

The flu is hitting the country hard this year, and Michigan is one of 49 states the Centers for Disease Control and Prevention (CDC) considers having [widespread Influenza A \(H3N2\)](#) activity. In fact, the CDC recently sent out a [health advisory](#) through the national Health Alert Network, informing medical care providers of clinical implications and treatment recommendations for the predominating strain. District Health Department #10 (DHD#10) is reminding residents that it is not too late to get your flu shot.

The flu is a contagious respiratory illness that can cause mild to severe infection in the nose, throat, and lungs. In some cases, serious flu-related complications, like pneumonia, can lead to hospitalization and even death. A study conducted by the Center for Disease Control (CDC) showed that among hospitalized flu patients, the flu vaccination reduced deaths, intensive care unit (ICU) admissions, ICU length of stay and overall duration of hospitalization ([Clinical Infections Disease \(CID\) Journal](#)).

The flu season typically starts in October and can last as late as May. Once you receive the flu vaccination, it can take up to two weeks for it to be fully effective. “Anyone can get the flu and face serious complications, which include death”, states DHD#10 Medical Director Jennifer Morse. “That is why the flu shot is recommended for *everyone* over the age of 6 months, regardless of whether they are healthy or have risks. The very young, pregnant women, elderly, and those with certain underlying health problems are at higher risk to have serious flu-related complications.”

According to Dr. Morse, when H3N2 is the predominate strain in a flu season, there are typically more flu-related hospitalizations and deaths in those over 65 and in younger children. It is important during H3N2-dominate flu seasons that individuals with symptoms, especially seniors, young children, pregnant women, and those with underlying health conditions, seek medical care as soon as possible, as antiviral medications called neuraminidase inhibitors can be prescribed.

Flu symptoms include:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Possible vomiting and diarrhea

People of every age including those in good health, are at risk of catching the flu. The CDC recommends everyone 6 months and older receive the vaccine. It is especially important for protecting those at high risk for serious complications, including:

- Infant and Young Children
- Adults over the age of 65
- Pregnant Women



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- People with chronic health conditions
- People living with or caring for high-risk individuals

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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