

GET READY FOR FLU SEASON

September 5, 2018– The flu hit the United States hard last winter. The 2017-2018 flu season caused severe illness for people of all ages, but it was especially devastating for children. There were 179 reported deaths from the flu in the people under age 18. Two of those deaths were Michigan children. With school starting soon, and influenza already beginning to circulate in our communities, it's especially important for everyone to get their flu vaccine over the coming weeks. At District Health Department #10 (DHD#10), staff are getting ready to provide flu vaccine their regular clinics and at a variety of off-site locations.

The flu is a contagious respiratory illness that can cause mild to severe infection in the nose, throat and lungs. The flu season typically starts in October and can last as late as May. "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."

Flu symptoms include:

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

Flu symptoms can not only cause suffering for the person who is sick, they can lead to lost time and wages due to time away from work. In addition, children and parents both suffer the consequences when kids are sick and miss school.

The risk of spreading the flu can be lowered by common sense hygiene practices such as handwashing and covering your cough if you are sick, but the first line of defense is the flu shot. Millions of doses of flu vaccine will be available across the country. In addition to your local DHD#10 office, many health care provider offices and pharmacies are easy-to-access options for flu shots. Children who lack insurance may be eligible for the Vaccines for Children Program available at DHD#10 and many provider offices. No one should go unprotected from the flu.

For more information, visit www.dhd10.org/locate-flu-clinic. To schedule an appointment, call DHD#10 at 888-217-3904.

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



MEDIA CONTACT

Jeannine Taylor
Public Information Officer
O: 231-876-3823
C: 231-920-4998
E: jtaylor@dhd10.org



COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



www.dhd10.org



www.facebook.com/DHD10

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.

###