



## IT'S NOT TOO LATE TO GET VACCINATED!

January 23, 2019– This winter, when you see signs reading “Get Your Flu Vaccine,” you might ask “Isn’t it too late to get vaccinated?” No, it’s not too late! Although the 2018-2019 flu season is underway, District Health Department #10 (DHD#10) is urging individuals and families to get vaccinated.

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 vaccination can reduce flu illnesses, doctors’ visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. Flu vaccine also has been shown to significantly reduce a child’s risk of dying from influenza.

According to the Centers for Disease Control and Prevention (CDC), last year’s flu season was estimated to be the deadliest since the 2009 H1N1 pandemic. More than 79,000 deaths were attributed to the flu, 185 of which were children. See weekly updates on flu activity in the United States using the [CDC’s influenza summary map](#).

DHD#10 currently has a full supply of flu vaccine, including high dose for those 65 and older. Additionally, doctor’s 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. Call 888-217-3904, option #2 to make an appointment at your local DHD#10 office.

Residents with questions about vaccines, including the flu vaccine, can visit [IVaccinate.org](#). For more information about flu activity in Michigan, visit [Michigan.gov/flu](#).

### 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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#### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



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