

GET VACCINATED THIS FLU SEASON!

October 13, 2020— One of the most important things a person can do to protect themselves and others from the Influenza (flu) this season is to receive the flu vaccine. In the midst of COVID-19, District Health Department #10 (DHD#10) is urging individuals and families to get vaccinated as it is likely that the flu virus will spread alongside COVID-19 this fall.

“The potential for the flu and COVID-19 to overlap is definitely concerning, which is why it is more important than ever to get the flu vaccine as soon as it becomes available,” states Dr. Jennifer Morse, Medical Director for DHD#10.

The flu is a contagious respiratory illness that can cause mild to severe infection in the nose, throat, and lungs. According to the CDC, in the United States, flu season occurs in the fall and winter. While influenza viruses circulate year-round, most of the time flu activity [peaks](#) between December and February, but activity can last as late as May. Getting a flu vaccination as early as possible is important, as protection usually begins 7-10 days after administration.

Though the flu vaccine will not prevent COVID-19 it will reduce flu illnesses, flu-related hospitalizations and deaths, as well as conserve medical resources for the care of people with COVID-19.

Flu shots are recommended for everyone over the age of 6 months, regardless of whether they are healthy or have risks, and no one should go unprotected from the flu. Children and adults who lack insurance may be eligible for programs available at DHD#10 and many provider offices. Please call 888-217-3904, option #2 to discuss your options or to schedule an appointment at your local DHD#10 office.

DHD#10 is currently offering community flu clinics across our 10 county jurisdiction, visit www.dhd10.org/events/ to find a clinic near you.

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 of 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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