



## DO YOUR PART TO PROTECT MILLIONS OF HEARTS

### *Get your COVID-19 and Flu Vaccinations*

September 21, 2021 – As the world continues the fight against COVID-19, individuals with heart conditions such as heart failure, coronary artery disease, cardiomyopathy, diabetes, and hypertension are greatly aware of the threat COVID-19 has on their lives. People with these conditions are at a higher risk for developing severe illness when affected by COVID-19 and influenza (flu).

With the ongoing COVID-19 pandemic and flu season right around the corner, District Health Department #10 (DHD#10) urges community members to personally act on September 29<sup>th</sup>, World Heart Day, by receiving both the COVID-19 vaccine and the flu vaccine to protect their heart health, as well as the health of those around them.

Both the COVID-19 and flu vaccine are safe and effective and help build up population immunity against these illnesses. Population immunity means that enough people in the community are protected from getting a disease, which makes harder for the disease to spread.

For individuals looking to schedule a first or second COVID-19 vaccine and immunocompromised individuals looking to schedule a booster, please schedule an appointment at [www.dhd10.org/schedule](http://www.dhd10.org/schedule) or by calling 888-217-3904.

DHD#10 has also begun distributing this year's flu vaccine. To schedule a flu vaccination appointment, please call 888-217-3904.

For more information on the COVID-19 vaccine, go to [www.dhd10.org/covid-19-vaccine](http://www.dhd10.org/covid-19-vaccine). For information on the flu vaccine, go to <http://www.dhd10.org/locate-flu-clinic/>. To stay up to date on the latest information, sign up for Public Health Alerts at [www.dhd10.org/subscribe](http://www.dhd10.org/subscribe).

#### **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 America, 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](http://www.dhd10.org).

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#### **MEDIA CONTACT**

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



#### **COUNTIES SERVED:**

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



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