

## THERE IS STILL TIME TO PROTECT AGAINST FLU

### *DHD#10 Recognizes National Influenza Vaccination Week*

December 6, 2022 – The holidays are here, and while that means more opportunities for spreading cheer, there is also more opportunity for spreading flu and other respiratory viruses as people travel and gather with family and friends. Join District Health Department #10 (DHD#10) for National Influenza Vaccination Week (Dec. 5-9). This is an important reminder to check off that one thing no one should go through the holiday season without: a flu vaccine.

“As we celebrate throughout the holiday season, we also need to be taking care of ourselves and our loved ones” said DHD#10 Immunization Coordinator, Bethanie Dean. “The flu vaccine not only helps protect you from getting sick, but it can also help reduce the spread of flu in your family and community.”

The Centers for Disease Control and Prevention (CDC) are particularly concerned about the impact reduced immunity could have on people who are already at higher risk of developing serious flu complications, including those with certain chronic health conditions like asthma, heart disease and diabetes. While it is ideal to get a flu vaccine before flu starts spreading in your community, getting vaccinated later is still beneficial during most seasons. Flu most commonly peaks in February and significant activity can continue into May, so there is still time to get vaccinated if you haven’t already. This National Influenza Vaccination Week, go to your doctor or local pharmacy to get your flu vaccine, encourage your loved ones to get their flu vaccine, and learn more about the benefits of getting vaccinated against flu.

#### Did You Know?

- Flu vaccines are the only vaccines that protect against flu. They protect against the four flu viruses that research indicates will be the most common during flu season.
- Flu vaccines are critical for people with certain chronic health conditions. In past flu seasons, 9 out of 10 adults hospitalized with flu had at least one reported underlying medical condition.
- Flu vaccines can be lifesaving in children, and flu vaccination helps protect pregnant people during pregnancy, as well as their baby for several months after birth.
- Flu vaccines are needed every year – and there’s still time to get vaccinated. Flu viruses are constantly changing, and multiple flu viruses can circulate at the same time during any given flu season.
- Getting an annual flu vaccine is recommended for everyone 6 months and older and is the best way to help protect against flu.

There’s still time for you and your loved ones to get vaccinated; get your flu vaccine today. You can schedule your flu vaccine with DHD#10 online at <https://www.dhd10.org/schedule> or by calling 888-217-3904.



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Additional information about the seriousness of flu and the benefits of flu vaccination can be found on the CDC website, <https://www.cdc.gov/flu/prevent/flushot.htm>, or by calling the CDC at 1-800-CDC-INFO.

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