



Dickinson-Iron District Health Department

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News Release

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Immediate Release

Don't Take Chances with Your Family's Health!

Kingsford, Michigan – September 1, 2011. The Dickinson-Iron District Health Department reminds parents – “Don't take chances with your family's health - make sure you all get vaccinated against influenza (flu) every year!

Here's how flu can hurt your family. . .

Flu can make you, your children, or your parents really sick. Flu usually comes on suddenly. Symptoms can include high fever, chills, headaches, exhaustion, sore throat, cough, and all-over body aches. Some people say, “It felt like a truck hit me!” Symptoms can also be mild. Regardless, when flu strikes your family, the result is lost time from work and school.

Flu spreads easily from person to person. An infected person can spread flu when they cough, sneeze, or just talk near others. They can also spread it by touching or sneezing on an object that someone else touches later. And, an infected person doesn't have to feel sick to be contagious: they can spread flu to others when they feel well – before their symptoms have even begun.

Flu and its complications can be so serious that they can put you, your children, or your parents in the hospital – or lead to death. Each year, more than 200,000 people are hospitalized in the U.S. from flu and its complications. Between 3,000 and 50,000 die, this shows us how unpredictable flu can be. The people most likely to be hospitalized and die are infants, young children, older adults, and people of all ages who have conditions such as heart or lung disease. But remember, it's not only the youngest, oldest, or sickest who die: Every year the flu virus kills people who were otherwise healthy.

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Flu can be a very serious disease for you, your family, and friends – but you can all be protected by getting vaccinated. There's no substitute for yearly vaccination in protecting the people you love from flu. Either type of flu vaccine (the "shot" or nasal spray) will help keep you and your loved ones safe from a potentially deadly disease. Get vaccinated every year, and make sure your children and your parents are vaccinated, too.

In Dickinson County, a community flu clinic will be held on Saturday, September 24th from 9:00 a.m. to 12:00 noon at the Kingsford Middle School. **For an appointment call (906) 774-1868.**

In Iron County, a community flu clinic will be held in conjunction with the Northstar Health System Health Fair on Wednesday, October 5th from 9:30 a.m. to 5:00 p.m. at the Windsor Center (formerly West Iron County Middle School) in Iron River. **For an appointment call (906) 265-9913.**

Other community flu clinics will be held at the Crystal Falls Senior Center and Sagola Senior Center. In addition, after-school, community clinics will be held at the Forest Park School, West Iron County School, North Dickinson School and Norway School.

Get vaccinated every year! Get your children vaccinated! Be sure your parents get vaccinated, too!

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