



Dickinson-Iron District Health Department

Dickinson County

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NEWS RELEASE

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FOR IMMEDIATE RELEASE

Spread Holiday Cheer, Not the Flu. Protect Yourself and Your Loved Ones.

Kingsford, Michigan – October 30, 2008. The Dickinson-Iron District Health Department is reminding **ANYONE WHO WANTS TO AVOID THE FLU** to attend one of our walk-in flu clinics listed below or call the Health Department to schedule an appointment.

In Iron County walk-in clinics (no appointment required) will be held at the Crystal Falls Senior Center, Tuesday, November 4th from 12:30 – 2:30 p.m. and at the Iron River Senior Center on Monday, November 24th from 9:00 – 11:00 a.m.

In Dickinson County walk-in clinics will be held at the Sagola Senior Center, Monday, November 3rd from 1:00 – 2:00 p.m. and at Econo Foods on Wednesday, November 5th from 10:00 – 11:00 a.m.

Additional clinics are available by appointment at each Health Department office.

Each year in the United States, on average, more than 20,000 children and tens of thousands of adults are hospitalized due to complications of influenza, and some die from the disease.

The children at highest risk for flu complications are infants under 6 months. These infants are too young to receive the flu vaccine; they count on their parents, other family members and out-of-home caregivers to get the flu immunization to help protect them.

For some people, influenza can be a serious disease, leading to hospitalization and even death. So, it is especially important for children starting at age six months to 18 years, people 50 and older, pregnant women, and anyone with a chronic health condition such as asthma, heart disease, or diabetes be vaccinated.

Children under the age of 5, even if they are healthy, are among those at highest risk for flu-related complications such as seizures and ear infections. Deaths may also occur in children, but are less common. Kids of any age with chronic illnesses are particularly vulnerable.

The flu, which can cause symptoms including high fever, headache, cough, nausea, weakness and muscle aches, is contagious and often transmitted through sneezing and coughing. While some people suffer mild symptoms, others are too ill to work or attend school.

Vaccination is the single best way to protect yourself and your loved ones against influenza – and the vaccine cannot give you the flu.

The flu immunization is a covered benefit for Medicare part B and Michigan Medicaid recipients. If you have private health insurance that covers the flu immunization, the Health Department will bill your health insurance. For those without insurance coverage for immunizations the charge is \$30 for adults and \$13 children 6 months – 18 years of age.

For more information or to schedule an office clinic appointment please call the Dickinson-Iron District Health Department at (906) 774-1868 or (906) 265-9913.

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