



# Dickinson-Iron District Health Department

## Dickinson County

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**FOR IMMEDIATE RELEASE**

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## Dickinson-Iron District Health Department Celebrates National Influenza Vaccination Week

Kingsford and Iron River, Michigan, January 6, 2010 – National Influenza Vaccination Week (NIVW), January 10-16, 2010, is a national observance intended to raise awareness of the importance of influenza vaccination and reminds us of the fact that influenza vaccination is available and effective into the winter months. Vaccination is the first and most important step in protecting against influenza. Since the H1N1 Influenza epidemic is likely to continue into the winter months and even beyond, NIVW reminds us that now is the time for people to protect themselves from this disease by becoming vaccinated. Supplies of H1N1 vaccine are abundant in our community and available to anyone who wants to receive it.

The later winter months are normally the peak of the seasonal influenza season. It is not too late to become vaccinated against seasonal influenza. Limited amounts of vaccine are still available in our communities. Contact the Health Department or your health care provider to make an appointment now.

The Centers for Disease Control recommends a three step approach to fighting the flu: vaccination; everyday prevention activities including covering coughs and sneezes, frequent hand washing and staying home when sick; and the correct use of antiviral drugs if your doctor recommends them.

**The Dickinson Iron District Health Department is encouraging everyone over the age of 6 months to get vaccinated against the H1N1 Influenza virus.** Call the Health Department at (906) 774- 1868 or (906) 265-4150 or your health care provider for an appointment.

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