



# Dickinson-Iron District Health Department

## Dickinson County

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BRANCH OFFICE

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## Iron County

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## News Release

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## Immediate Release

### Get a Flu Shot!

Kingsford, Michigan – October 29, 2013. Due to the increased demand for the flu immunization and to accommodate families' busy schedules, the Health Department is offering an evening flu clinic at the Dickinson County office, 818 Pyle Drive in Kingsford on Monday, November 4<sup>th</sup> from 3:30-6:00 p.m. For an appointment or more information call 774-1868. Walk-ins are welcome too!

The Health Department reminds parents – “Don’t take chances with your family’s health - make sure you all get vaccinated against 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.** Those infected 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. He or she can spread flu to others before symptoms have even begun.

**Flu and its complications can be so serious that it can lead to hospitalization or even 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, showing us how unpredictable the flu can be. Those most vulnerable to flu 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.

**Flu can be a very serious disease for you, your family, and friends – but you can all lessen the risk of getting the flu 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! Get your children vaccinated! Be sure your parents get vaccinated, too!**

To schedule an appointment at either office or for more information, call the Dickinson-Iron District Health Department at 774-1868 or 265-9913.

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