



# Dickinson-Iron District Health Department

## Dickinson County

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## News Release

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## Immediate Release

### Spread the Cheer, Not the Flu!

Kingsford, Michigan – December 5, 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.

**It isn't too late for a flu vaccination.** In our area the flu season typically peaks in January or February and can last as late as May.

The Dickinson-Iron District Health Department will be conducting immunization clinics throughout the holiday season, call 774-1868 or 265-9913 for an appointment or contact your private healthcare provider.

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