

District Health Department #4

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National Influenza Vaccination Week

EVERYONE, ages 6 months and above, should get a flu shot this year. This is the recommendation from the Centers for Disease Control and Prevention (CDC) and District Health Department No. 4 as National Influenza Vaccination Week (December 2 - 8, 2018) is quickly approaching. People of every age, including those in good health, are at risk of getting the flu.

Residents in Alpena, Cheboygan, Montmorency and Presque Isle Counties can get a flu shot by making an appointment at one of our local health department offices. Local pharmacies and doctors' offices may also be offering the vaccine. Our staff will also provide information about other vaccines that may be right for you at the time of your visit. "The best way to protect yourself and your loved ones from influenza is to get the vaccine every year"

"Getting a flu shot is the best way to prevent the flu and to protect those around you who can't get the flu shot. As long as flu viruses are circulating, it's not too late to get vaccinated and I encourage all residents to do so," says Dr. Joshua Meyerson, DHD4 Medical Director.

Other tips to stay healthy this winter include:

- If you are sick, stay home to avoid getting others sick.
 - If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone without a fever reducing medicine.
- Avoid close contact with people who are coughing or appear ill.
- Do not touch your eyes, nose and mouth.
- Wash hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are good to use when soap and water aren't available.
- Cover your nose and mouth with a tissue when you sneeze or cough and throw the tissue in the trash. If no tissue is available, sneeze or cough into your shirt sleeve.
- Eat healthy, drink plenty of water and get as much rest as possible.
- People who have symptoms such as a cough, fever, fatigue, sore throat, chills, headaches, body aches (possibly along with diarrhea and vomiting), should call their doctor.
- Checking with your local health department or medical provider to see if there are other immunizations you need.

District Health Department No. 4 encourages our residents to call them or their local provider to schedule an appointment to get a flu shot.

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