To:  Local News Media

From:  Central Michigan District Health Department

RE:  National Influenza (Flu) Vaccination Week (December 6 - 12, 2015)

Release Date:  December 4, 2015

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 and the Central Michigan District Health Department as National Influenza Vaccination Week (December 6 – 12, 2015) is quickly approaching.

Residents in Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon Counties can get a flu shot by making an appointment at one of our local health department branch offices or by visiting their own doctor.

Getting a flu shot is the best way to prevent the flu. As long as flu viruses are circulating, it’s not too late to get vaccinated and your local health department encourages all local residents to do so. Other tips to stay healthy this winter include:

- If you are sick, stay home to avoid getting others sick.
- 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.

We encourage local residents to access our website at www.cmdhd.org, Facebook Page (Central Michigan District Health Department) or call one of our offices at the numbers listed below for additional information or to make an appointment.

<table>
<thead>
<tr>
<th>County</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Arenac County</td>
<td>(989) 846-6541</td>
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<tr>
<td>Isabella County</td>
<td>(989) 773-5921</td>
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<tr>
<td>Clare County</td>
<td>(989) 539-6731</td>
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<tr>
<td>Osceola County</td>
<td>(231) 832-5532</td>
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<tr>
<td>Gladwin County</td>
<td>(989) 426-9431</td>
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<tr>
<td>Roscommon County</td>
<td>(989) 366-9166</td>
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This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon.

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Source:  Centers for Disease Control and Prevention, National Influenza Vaccination Week

http://www.cdc.gov/flu/nivw/