To: Local News Media

From: Central Michigan District Health Department

RE: National Influenza (Flu) Vaccination Week (December 2 – 8, 2012)

Release Date: November 2012

EVERYONE, ages 6 months and above, should get a flu shot this year. This is the recommendation from the Centers for Disease Control as they set to observe National Influenza Vaccination Week (December 2 – 8, 2012), and Central Michigan District Health Department is encouraging local residents to follow this guideline.

Local residents in Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon Counties can get a flu shot by visiting one of our local health department branch offices or community clinics during designated clinic times (visit www.cmdhd.org for a complete listing) or by visiting their own doctor.

Getting a flu shot is the best way to prevent the flu. It is not too late to get vaccinated and CMDHD 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 or Facebook Page (Central Michigan District Health Department) for the most up-to-date information with regard to our flu clinics or call your local branch office at the numbers listed below for additional information.

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<tr>
<th>Arenac County: (989) 846-6541 ext. 8111</th>
<th>Isabella County: (989) 773-5921 ext. 8405</th>
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<tr>
<td>Clare County: (989) 539-6731 ext. 8260</td>
<td>Osceola County: (231) 832-5532 ext. 8510</td>
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<td>Gladwin County: (989) 426-9431 ext. 8310</td>
<td>Roscommon County: (989) 366-9166 ext. 8674</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 Counties.

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