



**PRESS RELEASE FOR LOCAL MEDIA**

Central Michigan District Health Department  
*"Promoting Healthy Families, Healthy Communities"*

For more information, please call: (989) 773-5921 ext. 8409  
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, [www.cmdhd.org](http://www.cmdhd.org)

**To: Local News Media**

**From: Central Michigan District Health Department**

**RE: National Influenza (Flu) Vaccination Week (December 4 – 10, 2011)**

**Release Date: November 2011**

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 4 – 10, 2011), 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](http://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](http://www.cmdhd.org) 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.

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

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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