

FOR IMMEDIATE RELEASE

National Influenza (flu) Vaccination Week

News Release From: Jackson Immunization Action Coalition

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Protect Yourself, Protect Your Family, Protect Your Community. Get Your Flu Shot Today!

Jackson County, MI – In observance of National Influenza (flu) Vaccination Week taking place December 2-8, the Jackson County Immunization Action Coalition (JCIAC) wants to remind residents that it is not too late to vaccinate!

The flu season typically starts in October and can last as late as May. The best way to prevent the flu and protect yourself and your family is to receive an annual influenza vaccine, also known as a flu shot. “while I always strongly recommend the flu shot annually I am even more passionate this year after last season” said Dr. Michael Foust, Co-Medical Director at the Jackson County Health Department and physician at Henry Ford Allegiance Family Medicine (Townsend) Practice.

People of every age including those in good health, are at risk of catching the flu. It is a contagious respiratory illness that can cause mild to severe infection in the nose, throat, and lungs. Common symptoms include fever, a cough, sore throat, runny or stuffy nose, muscle aches, and fatigue. In some cases, serious flu-related complications, like pneumonia, can lead to hospitalization and even death. “Immunizing your children from age 6 months and up against the flu is very important. We are trying to prevent serious complications and death. During the 2017-18 flu season, over 180 children in the United States died from the flu”, says Dr. Sharon Rouse, Center for Family Health, Board-Certified Pediatrician.

Prevention is Key:

- **Take the time to get flu vaccine.** The single best way to prevent the flu is to get your flu shot every year.

These steps can help prevent the flu and other illnesses:

- Avoid close contact with people who are sick.
- Cover your mouth and nose when coughing and sneezing.
- Clean your hands often with soap and water or alcohol-based hand cleaners.
- Avoid touching your eyes, nose, or mouth

- Stay home when you are sick to help prevent others from becoming ill.
- Practice healthy habits. Choose healthy foods, exercise, and get plenty of rest.
- **Take flu antiviral drugs if your doctor recommends them.** Treatment with antiviral medication within 48 hours of symptoms starting can greatly reduce the length and severity of illness.

Where can I get the flu shot?

There are several convenient locations where you can receive your annual flu shot. Flu vaccines are available at many physician offices, pharmacies, health clinics and the health department. Please call first to learn the details. You can also find flu vaccination clinics near you by using the website www.vaccinefinder.org.

Where can I get more information?

If you have further questions about vaccinations please contact your primary care provider or Nikki Meyer, Jackson County Health Department Clinical Services Coordinator, at (517)768-2117.

For more information, visit:

Centers for Disease Control and Prevention, Frequently Asked Flu Questions for 2018-19 Influenza Season at <https://www.cdc.gov/flu/about/season/flu-season-2018-2019.htm>

Michigan Department of Health & Human Services, Information on Vaccines for Children at <https://ivaccinate.org/>

This message is brought to you by your local Jackson County Immunization Action Coalition

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