



# Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

Barry County: 330 W. Woodlawn Ave., Hastings MI 49058  
Phone: 269-945-9516 Fax: 517-543-7737

Eaton County: 1033 Health Care Dr., Charlotte, MI 48813  
Phone: 517-543-2430 Fax: 517-543-7737

**December 3, 2019**

## **December 1<sup>st</sup>-7<sup>th</sup> is National Influenza Vaccination Week**

It's that time of year again — flu season. December 1-7 is National Influenza Vaccination Week (NIVW) and it serves as a reminder that even though the holiday season has arrived, it's not too late to get an influenza (flu) vaccine. As friends and family gather to spend time together this holiday season, the Barry-Eaton District Health Department is reminding residents to protect themselves and their loved ones this flu season.

The first, and most important step, in preventing flu is to get a flu vaccine each year. As long as flu viruses are spreading and causing illness, vaccination should continue throughout the flu season in order to protect as many people as possible against flu. While only moderate in severity, the 2018-2019 season was record-breaking in duration, with flu activity remaining elevated for 21 weeks. During the 2018-2019 season, flu activity did not peak until mid-February. Last season's flu activity shows that getting a flu shot as late as February will still provide protection from flu viruses. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older should receive the flu vaccine. Vaccination to prevent flu is particularly important for people who are at high risk of developing serious flu complications.

There are many reasons to get a flu vaccine. Flu vaccination can reduce your risk of flu illness, doctors' visits, and missed work and school due to flu. Even if you are vaccinated and still get sick, flu vaccine can reduce the severity of your illness. Flu vaccination also can help protect women during and after pregnancy and protect the baby born to a vaccinated mom for several months after birth. Flu vaccine also has been shown to save children's lives, prevent serious events associated with chronic lung disease, diabetes and heart disease, and prevent flu-related hospitalization among working age adults and older adults. Getting vaccinated isn't just about keeping you healthy; it's also about helping to protect others around you who may be vulnerable to becoming very sick, such as babies, older adults, and pregnant women.

Anyone can get the flu, including healthy children and adults. Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fever, vomiting, and diarrhea. Unlike the common cold, flu symptoms usually appear suddenly. For most people, symptoms last from a few days to two weeks. Some people are at a greater risk of more severe symptoms and complications. These include individuals aged 65 and older, those with certain chronic conditions (such as asthma, diabetes, or heart disease), pregnant women, and children younger than five years old (especially infants).

Flu vaccines are offered in many locations, including doctor's offices, health departments, pharmacies, health centers, and travel clinics, as well as by many employers and schools. BEDHD offers low-cost flu vaccinations for children between the ages of 6 months and 18 years of age. To schedule an appointment with BEDHD staff, please call (517) 541-2630 for the Eaton County clinic or (269) 945-4133 for Barry County. For more information on the flu vaccine, visit [cdc.gov/flu](http://cdc.gov/flu).

**###END###**