



GRAND TRAVERSE COUNTY HEALTH DEPARTMENT

COMMUNITY HEALTH
2600 LaFranier Road, Suite A
Traverse City, MI 49686
231-995-6111

ENVIRONMENTAL HEALTH
2650 LaFranier Road
Traverse City, MI 49686
231-995-6051

**ADMINISTRATION &
MEDICAL EXAMINER**
2600 LaFranier Road, Suite A
Traverse City, MI 49686
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For Immediate Release

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Walk-In Flu Shots Offered at the Health Department

Flu season is officially here! The season generally occurs between October through May of each year. The flu is a contagious respiratory illness caused by the influenza virus. Getting the influenza vaccine (a.k.a. the flu shot) is your NUMBER ONE defense against the illness. By getting your flu shot, you not only protect yourself and the ones you love, but you also protect those folks in our community who are at greater risk from flu related complications. Help us keep our community healthy by stopping by the GTC Health Department for a walk-in flu shot today (adults only – children require appointment).

When: Monday through Friday
Times: 8:00 to 11:30am and again from 1:00 to 4:00pm
Cost: All insurances can and will be billed. For private/cash payments, the fee will be \$30 for adults and \$7 for children. No one will be turned away due to inability to pay.
Location: The Grand Traverse County Health Department at 2600 LaFranier Road.
Scheduling: Walk-in appointments are for adults only; children are required to have a prescheduled appointment. 231-995-6131.

The GTC Health Department encourages everyone 6 months of age and older to get a yearly flu vaccine. Here are some additional tips on how to prevent the spread of the virus:

- Wash your hands often with soap and water. If that is not an option, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, or mouth. This is how germs are spread.
- Try to avoid close contact with sick people.
- Practice good health habits - get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone, without the use of fever-reducing medicine.

Please feel free to call the Health Department's Community Health Division if there are any questions regarding influenza vaccinations. 231-995-6131.

You can find more information about the influenza virus at any of the following:

<http://gtchd.org/579/Influenza-The-Flu>
www.michigan.gov/flu
www.flu.gov

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