



GRAND TRAVERSE COUNTY HEALTH DEPARTMENT

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National Influenza Vaccination Week - It's Not Too Late!

December 2nd through December 8th is National Influenza Vaccination Week (NIVW) and the Grand Traverse County Health Department (GTCHD) would like to remind our County residents that it's not too late to get a flu shot. According to Dr. Michael Collins, Medical Director for GTCHD, getting vaccinated is "the best protection available against a miserable and dangerous disease - get your flu shot now!"

Influenza isn't just a "bad cold." It can result in serious complications such as: pneumonia, bacterial infections, hospitalizations, and even death. During the 2017-2018 flu season, the CDC estimates that the flu caused:

- 49 million illnesses – more than the combined populations of Texas and Florida
- 960,000 flu hospitalizations – more than the number of staffed hospital beds in the US
- 79,000 deaths – more than the average number of people who attend the Super Bowl each year

People at high risk of serious flu complications include young children (especially those under 2 years of age), pregnant women, people with certain chronic health conditions like asthma, diabetes, heart or lung disease, and people 65 years and older. A yearly flu vaccine, for everyone six months of age and older, is the first and most important step in protecting against seasonal flu viruses.

Flu season most often peaks between December and March, but activity can occur as late as May. It is not too late to protect yourself, your family, and your community. We offer walk-in flu shots for adults at GTCHD. Appointments are necessary for children. Adults are also welcome to pre-schedule their vaccination. Appointments can be made by calling 231-995-6131 and walk-ins are welcome to stop by anytime during our normal business hours (8am-4:30pm, M-F and from 8am-6:30pm on the first and third Wednesdays of each month).

For more information about seasonal influenza, please see:

<http://www.cdc.gov/flu/index.htm>

<http://gtchd.org/579/Influenza-The-Flu>

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