



GRAND TRAVERSE COUNTY HEALTH DEPARTMENT

COMMUNITY HEALTH DIVISION
2600 LaFranier Road
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For Immediate Release

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The Flu has Arrived in Northwestern Michigan

There have recently been increased reports of the flu and flu-like illnesses in our area. While it is a bit later in the season than usual, the influenza viruses now circulating in our community, as with every year, have been known to cause serious illness, hospitalizations and even death. Last month, a school-aged child from the Southeast Region was the first confirmed pediatric death from influenza in Michigan. Flu season typically runs through May, so it isn't too late to get a vaccination. This year's flu shot is proving to be very effective against the viruses now circulating.

The Grand Traverse County Health Department continues to take both appointments and walk-ins during our normal clinic hours, to provide flu vaccinations. Please call 231-995-6131 to make an appointment or stop by:

- When: 8:15am to 11:30am and 1:15pm to 3:30pm, M-F
Cost: All insurances will be billed. For private pay, 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.

The flu shot is the best way to protect yourself against the influenza virus. We encourage everyone 6 months of age and older to get a yearly flu vaccine – each and every year! In addition, here are some other 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. Germs spread this way.
- 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 used tissues in a trash can.
- 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 or to schedule your flu shot appointment today! 231-995-6131.

More information about the influenza virus can be found at: <http://www.cdc.gov/flu/>

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