



# KALAMAZOO COUNTY GOVERNMENT

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**NEWS RELEASE**  
**FOR IMMEDIATE RELEASE**  
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## **Protect Yourself, Protect Your Family. Get Your Flu Shot Today!**

KALAMAZOO, MI – In observance of National Influenza (flu) Vaccination Week taking place December 3-9, the Kalamazoo County Health & Community Services Department 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. “A common misperception is that a flu shot will give you the flu,” said Dr. William Nettleton, Medical Director for Kalamazoo County Health & Community Services Department. “That simply is not true. It has been well documented that a flu shot makes flu-like symptoms milder, reduces the length and severity of the illness, and in most cases prevents it completely for those who choose to receive the flu vaccine.”

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. The Center for Disease Control recommends everyone 6 months and older receive the vaccine. It is especially important for protecting those at high risk for serious complications, including:

- Infant and Young Children
- Adults over the age of 65
- Pregnant Women
- People with chronic health conditions
- People living with or caring for high-risk individuals

“Vulnerable populations, like the ones listed, are most at risk for flu complications, and benefit from others in the community getting vaccinated. As a parent and practicing family physician, I vaccinate my daughter to

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## HEALTH AND COMMUNITY SERVICES DEPARTMENT

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protect her and the health of my community,” Nettleton said. “It is important to plan ahead and get your flu shot as early as you can. It can take up to two weeks for the flu vaccination to be fully effective.”

You can find flu vaccination clinics near you by using the website [www.vaccinefinder.org](http://www.vaccinefinder.org). You can also contact your primary care physician or visit the Kalamazoo County Health & Community Services Department’s Immunization Clinic at 3299 Gull Road, Kalamazoo, MI 49048. The Immunization Clinic offers daily walk-in hours for adults and children. For more information on the Immunization clinic contact [www.kalcounty.com/hcs](http://www.kalcounty.com/hcs) or call (269) 373-5200.

Weekly Flu Reports are posted on the main page of Kalamazoo County Health & Community Services Department’s website, [www.kalcounty.com/hcs](http://www.kalcounty.com/hcs), under the “Hot Topics” section. This report is updated every Wednesday and provides a snapshot of the flu activity within Kalamazoo County.

**Additional Resources:**

Centers for Disease Control and Prevention, Frequently Asked Flu Questions for 2017-18 Influenza Season

- <https://www.cdc.gov/flu/about/season/flu-season-2017-2018.htm>

Michigan Department of Health & Human Services, Information on Vaccines for Children

- <https://ivaccinate.org/>

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Kalamazoo County Government  
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