



# KALAMAZOO COUNTY GOVERNMENT

In the Pursuit of Extraordinary Governance...

**NEWS RELEASE**  
**FOR IMMEDIATE RELEASE**  
December 13, 2018

Lyndi Warner, Public Information Officer  
pio@kalcounty.com  
269-373-5271 or 269-373-5270

## **Stay Healthy This Holiday Season by Getting Your Flu Shot**

KALAMAZOO, MI— The Kalamazoo County Health & Community Services Department is urging residents to get their flu vaccine if they have not done so already. Throughout the week of December 13 – 21, Kalamazoo County Health & Community Services Department will conduct a social media campaign to raise awareness on the importance of the flu vaccine.

Influenza is a serious respiratory illness that occurs seasonally nationwide. 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.

The best way to protect yourself and your family is by getting the influenza vaccine. The vaccine may take up to two weeks to provide full protection, so residents should receive the vaccine as soon as possible, especially if traveling or visiting family and friends during the holiday season. In addition to vaccination, the CDC recommends washing hands frequently, staying home from work or school if ill, and taking anti-viral medications if prescribed by a doctor.

“As a parent and family physician, I vaccinate my family and patients not only to protect them, but to also protect those around them, including those who are most vulnerable. Last year’s flu season, which was the most deadly flu season in decades, serves as a reminder of the importance of yearly flu vaccination,” states Dr. William Nettleton, medical director of Kalamazoo County Health & Community Services Department.

There are many locations where residents can receive a flu vaccine, including area pharmacies and through their family doctor’s office. The Health & Community Services Department offers walk-in flu vaccinations at 311 East Alcott Street, Kalamazoo, on the following dates and times:

## **HEALTH AND COMMUNITY SERVICES DEPARTMENT**

311 E. Alcott St. | Kalamazoo, MI 49001  
Phone: 269.373.5200 | [www.kalcounty.com/hcs](http://www.kalcounty.com/hcs)

**Monday, Tuesday\*, Wednesday, and Friday:**  
8:00 a.m. – 5:00 p.m. (closed 12:00-1:00 p.m.)

**Thursday:**  
10:00 a.m. – 6:00 p.m. (closed 1:00-2:00 p.m.).

\*The third Tuesday of the month the clinic is closed from 8:00 a.m. – 1:00 p.m.

Most insurance plans will cover the cost for these vaccines, but no one will be turned away at the Health & Community Services Department for an inability to pay.

During the influenza season, the Health & Community Services Department tracks the influenza activity in Kalamazoo County and publishes a report every Friday on the Kalamazoo County Data Hub website. A weekly flu report is published to keep residents informed with the most current influenza surveillance. The [Weekly Influenza Trends Report](#) includes:

- Number of cases of influenza-like illness
- Number of cases of lab confirmed influenza
- Number of pediatric deaths
- Percentage of Emergency Department visits for influenza-like symptoms
- Compare data to previous three influenza seasons
- Give a snapshot of State-Wide influenza activity in Michigan

For questions regarding the influenza vaccine or the Weekly Influenza Trends Report, call the Health & Community Services Department at 269-373-5200.

###

Kalamazoo County Government  
Health & Community Services Department

 [Like Kalamazoo County Health & Community Services](#)  Follow us [@KzooHealth](#)