



Health & Community Services

3299 Gull Road Kalamazoo, MI 49048

Phone: 269-373-5200 Fax: 269-373-5363 Website: www.kalcounty.com

News Release

FOR IMMEDIATE RELEASE

CONTACT: Courtney Davis
Public Information Office
cldavi@kalcounty.com
(269) 373-5025

It's not too late to vaccinate – Get your flu vaccine today!

Kalamazoo, Mich. [December 5, 2016] – In observance of National Influenza Vaccination Week, which runs December 4-9, 2016, Kalamazoo County Health & Community Services wants to share that it is not too late to vaccinate. An annual Influenza (Flu) vaccination is the best way to prevent the flu and can help to ensure that you and your family have a healthy holiday season.

Getting your flu vaccine is easier than ever through www.vaccinefinder.org. You can find flu vaccination clinics near you quickly and easily. You may also visit Health & Community Services for your flu vaccination. The [Immunization Clinic](#) offers daily walk-in hours for adults and children. Yearly flu vaccination should begin as soon as vaccine is available – usually October – and should continue throughout the flu season which can last as late as May.

The flu can cause fever, cough, sore throat, runny or stuffy nose, muscle aches, fatigue, and miserable days in bed; all which can mean missed days at work, school and gatherings with family and friends. In some cases serious flu-related complications, like pneumonia, can lead to hospitalization and even death. The flu vaccination is recommended for everyone 6 months and older. It is especially important for protecting those at high risk for serious complications, including:

- Young Children
- Adults over the age of 65
- Pregnant Women
- People with chronic medical conditions (asthma, chronic obstructive pulmonary disease (COPD), heart disease, diabetes, HIV/AIDS, cancer, and morbid obesity)
- People living with or caring for high-risk individuals

Every year, flu spreads across the country, from person to person, family to family, and community to community. An annual flu vaccination is the best way to prevent the flu and the benefits of receiving the vaccination are well documented. It can take up to 2 weeks for the flu vaccination to be fully effective, so plan ahead and get your flu shot today. In the rush of this year's holiday season, don't bring the flu with you!

###

Finding the Influenza (Flu) Vaccination:

Health & Community Services Department (3299 Gull Road, Kalamazoo, MI 49048)
<http://www.kalcounty.com/hcs/immunizationclinic.htm>

HealthMap Vaccine Finder
<https://vaccinefinder.org/>

Frequently Asked Flu Questions:

Frequently Asked Flu Questions 2016-2017 Influenza Season
<http://www.cdc.gov/flu/about/season/flu-season-2016-2017.htm>

#

Promoting Health for All



Follow us [@KzooHealth](https://twitter.com/KzooHealth)



[Like Kalamazoo County Health & Community Services](#)