



# HEALTH DEPARTMENT

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## COUNTY OF ST. CLAIR



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### NEWS RELEASE

Information     Advisory     Alert     Update

For immediate release

December 1<sup>st</sup>, 2011

#### For more information contact:

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#### It's Not Too Late to Vaccinate!

When you see "Get Your Flu Vaccine Here" signs and banners after November outside pharmacies and in doctor's offices, you might think, "Isn't it too late for that?" The answer is no! Flu season typically peaks in January or February and can last as late as May. St. Clair County Health Department is encouraging people who have not yet been vaccinated to get vaccinated now.

For millions of people each year, the flu can bring fever, cough, sore throat, runny or stuffy nose, muscle aches, fatigue and miserable days spent in bed instead of at work or school. More than 200,000 people are hospitalized in the US from flu complications each year. Flu can also be deadly. Between 1976 and 2007, Centers for Disease Control estimates that annual flu-associated deaths in the US ranged from a low of about 3000 people to a high of about 49,000.

Annual flu vaccine is recommended for everyone six months and older. Vaccine is available in two forms; shots and nasal spray. Nasal spray

**-MORE-**



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vaccine is approved only for use in healthy people ages 2 to 49 years who are not pregnant. "Getting the flu vaccine is simple, and it's the most important thing you can do to protect yourself and your family from the flu" says Dr. Annette Mercatante, Medical Health Officer.

The Health Department will continue offering walk-in flu clinics on Mondays from 10 am through 6pm and Wednesdays 8am through 4pm through December. Most insurances are accepted. For more information contact the Preventive Health & Immunizations Division of the Health Department at 810-987-5729.

**# END #**