



Health Division encourages flu shot this holiday season

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HEALTH DIVISION

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NEWS RELEASE

L. BROOKS PATTERSON, OAKLAND COUNTY EXECUTIVE

Kathleen Forzley, RS, MPA
Manager / Health Officer

Health Division encourages flu shot this holiday season

Pontiac, Mich., Dec 14, 2016 – County Executive L. Brooks Patterson and the Oakland County Health Division encourage residents to take action against the spread of flu this holiday season by getting a flu vaccine. The flu shot guards against as many as four flu viruses which are most likely to occur this season.

“When friends and family get together to celebrate the holidays, there is an increased risk of spreading the flu because of close contact,” Patterson said. “Getting vaccinated against the flu virus can help protect you and your loved ones.”

Health Division recommends getting a flu vaccine now.

“It is important to get a flu shot now to ensure protection during the holiday season, since it can take your body up to two weeks to build up immunity after getting a flu shot,” said Kathy Forzley, Health Division manager/health officer. “It is never too late to get vaccinated, as flu season can stretch into May.”

In addition to the flu shot, the following preventative actions can reduce the spread of germs that cause illnesses like flu.

Wash your hands often with soap and water. If soap and water are not available, use an alcohol based hand sanitizer.

- Avoid close contact with sick people.
- Stay home with flu-like illness to help prevent spreading illness to others.
- Seek medical advice if illness worsens.

“The best way to prevent seasonal flu is to get a flu shot every year,” Forzley said. “Anyone can get the flu but children under the age of two, pregnant women, adults over age 65, and those who have a chronic disease are at a higher risk of developing complications.”

The flu virus can be spread to others, mainly by droplets made when individuals with flu cough, sneeze, or talk. A person might also get the flu by touching a surface or object that has flu virus on it and then touching their own eyes, nose or mouth.

The flu usually comes on suddenly and can cause mild to severe illness. People who have the flu often feel some or all of these symptoms:

- Fever
- Headache
- Body aches
- Fatigue
- Cough
- Runny nose
- Chills
- Sore throat

Flu shots are available for \$25 at both Health Division clinics in Pontiac and Southfield. Hours are Noon to 8:00 p.m. on Mondays and 8:30 a.m. to 5:00 p.m. Tuesdays through Fridays. These are walk-in clinics. Pre-payment and registration are not needed.

Payment options include cash, credit (Visa, MasterCard), Medicare, and/or Medicaid, and some other insurance. Credit card fees apply. Please bring picture identification and all insurance cards.

Health Division offices are located at the following addresses:

- North Oakland Health Center, 1200 N. Telegraph Road, Building 34 East, Pontiac
- South Oakland Health Center, 27725 Greenfield Road, Southfield

For up-to-date information, visit www.oakgov.com/health, follow the Health Division on Facebook, Pinterest, and Twitter @publichealthOC, or call the Health Division's Flu Shot Hotline at 800-434-3358. Nurse on Call is also available to answer questions at 800-848-5533.

FOR MEDIA INQUIRIES ONLY: Contact Kathy Forzley, manager/health officer of the Oakland County Health Division, at 248-858-1410.



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