

# Flu Clinics Coming Friday, September 23!



## Calhoun County Public Health Department Will Begin Offering Flu Vaccines on Friday, September 23rd!

### Battle Creek:

Monday - Friday 8am - 11am & 1pm - 4pm

### Albion:

Monday & Tuesday Appointments Only;  
Wednesday & Thursday 8am - 11am & 1pm - 4pm

(269) 969-6363

[www.calhouncountymi.gov/publichealth](http://www.calhouncountymi.gov/publichealth)



## Quick Flu Facts

Influenza (“the flu”) is a contagious disease that is caused by the influenza virus.

It is different from a cold. Influenza comes on suddenly and may include these symptoms:

- Fever
- Headache
- Tiredness (can be extreme)
- Dry cough
- Sore throat
- Nasal congestion
- Body aches
- Flu season is predominantly between November and February, but can begin as early as October and last through May.
- Flu shots are given annually beginning in October.
- The best time to get a flu shot is October through November, however you can still get your shot after November.
- It takes about two weeks for the vaccine to take effect.

- Short sleeve shirt recommended
- Flu, Preservative Free, High Dose Flu, and Pneumonia Vaccine available
- Check payment accepted
- Many insurances accepted (Medicaid, Medicare, Blue Cross Blue Shield of Michigan, many more)
- Anyone with a severe allergy to eggs cannot get the flu shot
- For quicker service, download, complete, print (both pages), and bring the Flu Vaccine Consent Form with you (download at [www.calhouncountymi.gov/publichealth](http://www.calhouncountymi.gov/publichealth))

## Bring your Picture ID & Insurance Card

## Protect Yourself from the Flu!

- **Wash hands frequently**
- **Avoid close contact with people who are sick**
- **Stay home when sick**
- **Cover mouth and nose when sneezing or coughing**
- **Avoid touching eyes, nose, or mouth**

### Who should get vaccinated?

- Everyone six months of age or older
- High risk individuals for developing the flu:
  - Children younger than 5, but especially children younger than 2 years old
  - Adults 65 years of age and older
  - Pregnant women (and women up to two weeks post partum)
  - Residents of nursing homes and other long-term care facilities
  - American Indians and Alaskan Natives