



## ***DEPARTMENT OF PUBLIC HEALTH***

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**FOR IMMEDIATE RELEASE**  
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### **For Immediate Release**

**From December 5-9, 2022, we will be observing National Influenza Vaccination Week!**  
**Get Your Flu Shot *and* your updated COVID-19 Booster**  
*Stay healthier in the colder months ahead*

Midland, Michigan – As the weather gets colder and more of us gather indoors with loved ones, Flu and COVID-19 vaccines, including updated boosters, are critically important in protecting health. The Midland County Department of Public Health (MCDPH) encourages everyone to get a Flu shot and stay up-to-date on all recommended COVID-19 vaccines.

“Flu seasons are unpredictable and can be potentially very severe, and a yearly Flu vaccine is the first and most important thing you can do to help protect yourself,” stated Fred Yanoski, Midland County Health Officer.

#### **Flu Vaccines**

Influenza, known as the Flu, has been more unpredictable this past year, with many local cases and hospitalizations occurring in April – June. We are now seeing a significant increase in local influenza diagnosis and hospitalization.

Flu vaccine is recommended for everyone 6 months and older every year. The Centers for Disease Control and Prevention (CDC) recommends getting the Flu vaccine before the end of October. However, it is NOT too late to get your shot now! Local Flu activity typically increases during or after the December holidays, so it is important to get vaccinated before then.

See [www.michigan.gov/flu/surveillance](http://www.michigan.gov/flu/surveillance) for ongoing monitoring of this year’s Flu season.

#### **COVID-19 Vaccines**

Heading into Michigan’s colder months, it is especially important for everyone to make sure they are up-to-date on their COVID-19 vaccines. Those who are 6 months and older should get vaccinated. All boosters are now the updated bivalent booster that protects against two strains of coronavirus. It is available to people 5 years and older that have completed their initial series.

“All of the U.S. approved/authorized COVID-19 vaccines are still very effective at reducing the risks of serious illness and death from COVID,” says Midland Co. Medical Director, Dr. Catherine Bodnar.

To learn more about vaccine and booster eligibility, you can visit the CDC's website. Michigan residents can check their vaccination record to see if they are up-to-date, by going to the Michigan Care Improvement Registry at [www.mcir.org](http://www.mcir.org).

### **Prevention**

Many of the same tools we use to prevent the spread of COVID-19 also help prevent the spread of Flu. In addition to being vaccinated, it is important to stay home if you are sick, cover your nose and mouth when you sneeze or cough, wash your hands often using soap and warm water, and disinfect surfaces and objects that may be contaminated with germs. Prevention and care recommendations are provided in our medical director's '[Respiratory Virus Update](#)' checklist.

### **Where to Get Vaccinated**

Flu and COVID-19 vaccines are widely available at area health care providers, pharmacies, and community events. See [vaccines.gov](http://vaccines.gov) for local options. Most people with insurance can get Flu shots at their doctors' offices or pharmacies without any additional cost. COVID-19 vaccines continue to be free. Flu vaccines and COVID-19 vaccines can be given at the same time.

MCDPH has Flu vaccine for children and adults regardless of insurance status or income, and we will not decline services to clients if they are unable to pay. Call 989-832-6380 to schedule an appointment. Capacity is limited on scheduled vaccination dates, so making an appointment is recommended. **After January 1, 2023, vaccination will be by appointment only.**

MCDPH continues to provide COVID-19 vaccines. Schedule at [Schedule Appointment with Midland County \(acuityscheduling.com\)](http://ScheduleAppointmentwithMidlandCounty.acuityscheduling.com) or by calling 989-832-6380. Those coming in for a COVID-19 vaccine may request a Flu vaccine at the same time.

MCDPH hosts COVID-19 vaccine clinics every Tuesday from 10:00am-4:30pm at 220 W Ellsworth, Midland, MI 48640 – 2<sup>nd</sup> floor Health Department:

- Appointment is highly recommended. Walk-ins welcome, however, it may be a longer wait time in these instances. Free event, but **please** bring a health insurance card if you have one, as well as your vaccine record card.
- Bivalent Pfizer boosters only for ages 5+.

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### **Midland County Department of Public Health**

The Midland County Department of Public Health promotes health and works to prevent disease and injury in our community. Our mission is to assure, in partnership with the community, the conditions necessary for people to live healthy lives through prevention and protection programs. Local public health information and updates are always available at <https://www.co.midland.mi.us/HealthDepartment.aspx>. The Health Department also provides frequent social media updates: [Midland County Department of Public Health | Midland MI | Facebook](#)