



FOR IMMEDIATE RELEASE

September 18, 2012

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Flu Vaccinations Available Monday Injections and Mist Protect Against Seasonal Flu

GRAND RAPIDS -- Flu season is fast approaching. While Kent County has not had any cases reported at this time, now is the time to schedule an appointment to get immunized. The Kent County Health Department seasonal influenza program provides vaccinations for all individuals six months of age and older. The cost of the vaccine is \$25 for injectable vaccine shot, or \$32 for FluMist nasal spray.

“The flu can have serious complications for children under the age of five, the elderly, and people with already-weakened immune systems,” says Cathy Raevsky, Administrative Health Officer for the Kent County Health Department. “The CDC recommends a yearly flu vaccine to protect against flu viruses. Since it can take about two weeks to become effective, now is the time to think about vaccinations.”

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Flu viruses can spread when people with flu cough, sneeze, or even talk. Someone might also get flu by touching a surface or object (like a phone) that has flu virus on it, and then touching their own mouth, eyes, or nose. It impacts schools and workplaces, but it can be prevented.

The flu can cause mild to severe illness, and in some cases, it can be deadly. Signs and symptoms can include fever, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (very tired), vomiting and diarrhea (more common in children than adults). Not everyone with flu will experience all of the symptoms.

Children from six months through eighteen years who have no insurance, or who have insurance that doesn't cover vaccines, will pay a sliding scale administration fee of up to \$15. The Health Department can only bill Medicaid and Medicare. Cash, check, MasterCard, Visa, or Discover are accepted.

To make an appointment at any of our five clinic locations, dial (616) 632-7200 - or schedule online at www.sticktototheflu.com.

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KCHD has been in the business of providing health services to Kent County since 1931. The Health Department is home to nearly 260 employees including public health nurses, sanitarians, health educators, technicians, public health administrators, and specialized staff at the Kent County Animal Shelter. The Health Department operates one main clinic and four satellite clinics located in Wyoming, Kentwood, Rockford, and Grand Rapids. To learn more about KCHD services, visit www.accesskent.com/health.