

For Immediate Release

November 12, 2008

From: The Branch-Hillsdale-St. Joseph Community Health Agency

Media Contact: John Robertson, Director of Health Promotion & Education - Phone: 517-279-9561 Ext. 144

Three Rivers Clinic Contact – Aimmee Mullendore – 269-273-2161

What: Extra Flu clinic will be offered by the Health Department on November 19th From 9am to 3pm at our Three Rivers clinic – Please call to make an appointment.

Where: 1110 Hill Street, Three Rivers, Michigan Phone: 269-273-2161 x 208

Nag, Nag, Nag

Many people have missed getting their flu shot this year. Each year we nag and nag and still many people in our county do NOT get a flu shot. In the past 25 years, January and February have been the primary months for flu, however, there is one problem; In January and February the flu vaccine is virtually gone. So be sure to get your vaccine now, before the flu season peaks and before the holidays arrive.

Cost: Flu vaccines from the Community Health Agency this year is \$30.00. If you have Medicare Part B and you bring your card, there is no charge for your shot.

Persons at risk for getting the flu: (just about everybody!)

- ✓ Children aged 6 months up to their 19th birthday
- ✓ Pregnant women
- ✓ People 50 years of age and older
- ✓ People of any age with certain chronic medical conditions
- ✓ People who live in nursing homes and other long-term care facilities
- ✓ People who live with or care for those at high risk for complications from flu

Symptoms of Flu

- ✓ High fever, runny or stuffy nose
- ✓ muscle aches
- ✓ Nausea, vomiting, and diarrhea (more common in children)
- ✓ headache
- ✓ extreme tiredness
- ✓ dry cough; sore throat

All clinics are scheduled, appointments are required to make clinics run quickly and reduce wait time for clients. For more information about the flu, clinic schedules, and other health information, please visit our web site at

WWW.BHSJ.ORG