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FOR IMMEDIATE RELEASE

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Fight flu at the flu clinic on Oct. 10 and 24

LANSING, Mich. – Fever, chills, body aches and coughing are common flu symptoms and are likely to increase in the community as flu season approaches. The flu vaccine offers the best protection against the illness, and now is an excellent time to be vaccinated.

The health department is hosting a walk-in flu clinic on **October 10 and October 24, 9:30-11:30 a.m. and 1-5:30 p.m., in Conference Room A of the Human Services Building located at 5303 S. Cedar Street in Lansing.** The flu vaccine is covered by most health insurance plans; however, the health department offers a sliding fee scale to people who do not have coverage.

“Everyone age 6 months and up should get the flu vaccine,” said Ingham County Health Officer Linda S. Vail. “The vaccine protects not only the vaccinated individual, but also people in the community who are too young to be vaccinated and those who cannot be vaccinated for medical reasons.”

Flu is a contagious respiratory illness that can cause mild to severe illness, even death. Young children, people over age 65 and people with other medical conditions like asthma, diabetes or heart disease are most at risk for serious flu-related complications.

Immunity to flu develops within about two weeks of receiving the vaccine, which is why early vaccination is encouraged. Flu season typically peaks in the United States between December and February, but is very unpredictable.

For more information about the flu clinic, contact the Ingham County Health Department Immunization Clinic at (517) 887-4350.

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