



FOR IMMEDIATE RELEASE

KILL DATE: (November 30, 2010)

Stop the Spread of the Flu by Practicing Good Habits

HOWELL, Michigan. (November 3, 2010) Fall is here. Not only are we seeing the arrival of cooler temperatures, we anticipate the arrival of seasonal flu as well. Livingston County Department of Public Health (LCDPH) is asking for everyone's help in preventing the spread of seasonal flu. We can cut down on the spread of the flu by getting a flu shot, covering our coughs, washing our hands and staying home when we're sick," Dr. Donald Lawrenchuk, Health Department Medical Director, said.

Flu shots will be given during the regular walk-in Immunization Clinics on Wednesdays from 8:30 am until 4:30 pm with extended hours until 7:00 pm on the 2nd and 4th Wednesdays of the month. The clinic is located at 2300 East Grand River Ave, (near Chilson Road) in Howell.

Children may be eligible for flu vaccine at a reduced cost depending on their insurance status. The cost for the flu shot will be \$30 for adults. Medicare (Part B) will cover the total cost for a flu shot. We are unable to accept any Blue Cross/Blue Shield managed Medicare plans.

The CDC recommends everyone 6 months of age and over get a flu shot every year.

What you can do to stay healthy:

- Get a flu shot.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

###

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

For more information call the health department at 517-546-9850 or visit our website @ www.lchd.org .

CONTACT:

Donald W. Lawrenchuk, MD, Medical Director
Livingston County Department of Public Health
517-552-6830
dlawrenchuk@co.livingston.mi.us