



## CHIPPEWA COUNTY HEALTH DEPARTMENT

508 Ashmun, Suite 120  
Sault Ste. Marie, Michigan 49783

[www.chippewahd.com](http://www.chippewahd.com)

### MEDIA RELEASE

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### CHIPPEWA COUNTY HEALTH DEPARTMENT ENCOURAGES PRECAUTIONS TO PREVENT SPREAD OF INFLUENZA

**Sault Ste Marie, MI** – Rates of Influenza (Flu) have been increasing nationally, and Michigan is currently classified at the highest possible influenza activity level used by the Centers for Disease Control (CDC). Chippewa County Health Department (CCHD) is urging residents to take precautions to reduce their risk of infection.

“Flu season typically peaks between December and February and counts are already higher than usual”, said CCHD Personal Health Supervisor Charity Zimmerman, “we have had 53 lab confirmed cases already, but very few people actually get tested for flu. When lab confirmed positives are that high already, we know there are many more cases out there.”

Influenza affects the respiratory system and can cause symptoms including cough, sore throat, runny nose, body aches, lethargy and high fevers. Unvaccinated, older individuals, youth under 2 years of age, and individuals with existing medical conditions including heart or lung disease or diabetes are at the most risk for serious complications from the Flu.

People experiencing even mild symptoms should stay home to avoid spreading illnesses to others. Anyone at increased risk who is experiencing respiratory symptoms should contact their medical provider to determine if testing for Flu is appropriate.



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Vaccines remain one of the best ways to protect yourself from a serious case of Influenza, and keeping up to date on flu shots can greatly reduce the risk of serious illness or hospitalization. Flu vaccines are available at Chippewa County Health Department. Washing hands regularly and social distancing can also reduce the risk of contracting respiratory viruses. Consider wearing a tight-fitting mask when around people with increased risk, in crowded spaces, or at other gatherings to reduce the spread of viruses.

To schedule an appointment for Flu or other vaccines, please call the Chippewa County Health Department at (906) 635-3572.

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