



Do I need a Flu Vaccine

Everyone should receive a flu vaccine. Flu is a contagious disease that affects the lungs and can lead to serious illnesses including pneumonia. Even healthy people can get sick enough to miss everyday activities for a long period of time and can even be hospitalized. There are special groups of people who need to make sure that they get a flu shot every year.

Do you have Asthma, Diabetes or Chronic Heart Disease?

If so, you are at high risk of serious illness if you get the flu. In past flu seasons, as many as 80 percent of adults hospitalized from flu complications had a long-term health condition, as did about 50 percent of hospitalized children. **Asthma, diabetes and chronic heart disease were among the most common of these.**

Why am I at greater risk of serious flu complications?

Your medical condition makes it more likely that you will get complications from the flu, like pneumonia. The flu also can make long-term health problems worse, even if they are well-managed. People with asthma or chronic congestive heart failure may experience worsening of their conditions. Diabetes (type 1 and 2) can make the immune system less able to fight the flu. Also, flu illness can raise blood sugar level

Following is a list of all the health and age factors that are known to increase a person's risk of getting serious complications from the flu:

Asthma, Blood disorders (such as sickle cell disease), Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)

Endocrine disorders (such as diabetes mellitus), Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease), Kidney disorders

Liver disorders, Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders), Morbid obesity

Neurological and neurodevelopmental conditions, People younger than 19 years of age on long-term aspirin therapy, People with Chronic Obstructive Pulmonary Disease (COPD)

Weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)

Other people at high risk from the flu:

- People who live in group settings such as group homes, nursing homes, etc.
- Adults 65 years and older
- Pregnant women and women up to 2 weeks after the end of pregnancy
- American Indians and Alaska Natives
- Children younger than 5 years old, but especially children younger than 2 years old

For more information ask your medical provider or visit www.cdc.gov/flu or call 800-CDC-INFO

Join our fight against the flu by attending our...

CMH Consumers/Clients Flu Clinic

When: Wednesday, November 4, 2015

Time: 9:00 am – 12:00 pm

Where: Macomb County Health Dept.
Southeast Health Center
25401 Harper Avenue
St. Clair Shores, MI 48081

What to Bring

With You:

Completed Consent Form
Medicaid and/or Medicare Cards

Do not miss out on this great opportunity
to be flu free this season!

**This one day special clinic is open to CMH Consumers and Clients only 18
years of age and older!**

If you have any questions, please contact:

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