

FOR IMMEDIATE RELEASE:

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Stay Healthy This Holiday Season

Grand Traverse County Health Department Hosting Walk-In Flu and COVID-19 Vaccine Clinic

The Grand Traverse County Health Department (GTCHD) is hosting a walk-in vaccine clinic offering both influenza (flu) and COVID-19 vaccines for anyone six months of age and older. The clinic will be held on **Thursday, December 11**, from **8:30 a.m. to 4:00 p.m.**, with a closure from **12:00 to 1:00 p.m.** for lunch. The clinic will take place at the **Grand Traverse County Health Department**, located at **2600 LaFranier Road in Traverse City**. All residents are welcome, including those with or without insurance.

“Respiratory season is here, and with winter holidays approaching, we want everyone to stay safe,” said Mike Lahey, GTCHD Health Officer. “Vaccination and other preventive measures like handwashing are simple ways to protect yourself, your family and friends, and your community. Since it takes up to two weeks for immunity to build after vaccination, now is the time to catch up on vaccines.”

COVID and Flu Facts:

- COVID-19 and influenza (flu) are both contagious respiratory illnesses. They can spread when an infected person coughs, sneezes, or talks, as well as by touching contaminated surfaces and then touching their mouth, nose, or eyes.
- Both illnesses can range from mild to severe. Symptoms may include:
 - Fever
 - Cough
 - Sore throat
 - Runny or stuffy nose
 - Muscle or body aches
 - Headaches
 - Fatigue
 - Vomiting
 - Diarrhea (more frequent in children with flu, but can occur in any age with COVID)
 - Change in or loss of taste or smell (more frequent with COVID)
- Both vaccines can reduce the risk of [flu](#) and [COVID](#), lower complications, shorten illness duration, and lessen symptoms, leading to fewer hospitalizations and missed work or school days.

Healthy Habits to Prevent Respiratory Illnesses:

- Avoid close contact with people who are sick
- Stay home when sick
- Cover your mouth and nose when coughing or sneezing
- Wash your hands often with soap and warm water
- Clean commonly touched surfaces like countertops, handrails, and doorknobs
- Avoid touching your eyes, nose, or mouth

If residents would prefer to schedule an appointment, please call the GTCHD at 231-995-6131. To learn more about immunizations offered at the GTCHD, visit www.gtcountymi.gov/530/Immunizations.

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