



BERRIEN COUNTY HEALTH DEPARTMENT

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For Immediate Release

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Berrien County Health Department Encourages Community Members to Get Flu Vaccinations, Offers Vaccine Clinics

Benton Harbor, Nov. 16, 2022 – As temperatures drop and the holiday season approaches, the Berrien County Health Department is encouraging community members to get a flu vaccine.

Flu season typically takes place in Michigan from October to April each year. Experts say this flu season could be more severe than recent years due to lack of exposure to flu viruses over the past two years when COVID-19 prevention measures were in place. With rare exceptions, everyone 6 months and older should get a flu vaccine.

BCHD will host flu vaccination clinics on Wednesday mornings from 9 a.m.-noon at its Benton Harbor office, 2149 E. Napier Ave. SE, through the end of December. An appointment is required and can be scheduled by calling BCHD at 269.926.7121.

“Vaccinations are our biggest tool to help prevent severe illness and keep everyone healthy this flu season,” said Guy Miller, health director. “No one wants to spend the holiday season being sick – get your vaccine today to help reduce the impact influenza has on you and your loved ones.

“If you have concerns or questions about the vaccine, contact your primary care provider or ask us at the health department.”

Influenza vaccines are proven to be safe and effective. The Centers for Disease Control and Prevention completes studies each year to determine how effective flu vaccines are.

Recent research has shown vaccinations reduce the risk of getting sick from flu by 40-60%.

Getting vaccinated not only helps protect you from getting sick – it can also lessen the severity of symptoms if you get a breakthrough infection, reducing the risk of flu-associated hospitalization. Getting a flu vaccine also helps prevent you from passing the virus on to more vulnerable populations such as children, pregnant women, adults over the age of 65 and individuals with certain chronic conditions.

A flu vaccine cannot give you the flu, but it may have other mild, short-lasting side effects such as soreness, redness and swelling around the injection site, headache, fever, muscle aches and fatigue. These symptoms are typically mild and should go away after a day or two.

Your primary care provider and local pharmacies can also provide flu vaccinations.

For more information, visit bit.ly/BCHDFlu or call 269.926.7121.

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