Your best defense against the flu is the flu shot!

Get the flu shot. Not the flu!

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Flu Facts

What is influenza?

Influenza, sometimes called the "flu," is a highly contagious viral infection of the nose, throat, and lungs that ranks as one of the most severe illnesses of the winter season. Influenza is spread easily from person to person, primarily when an infected person coughs or sneezes. Influenza may lead to hospitalization or even death, especially among the elderly.

What are the symptoms of influenza?

Typical influenza illness is characterized by abrupt onset of high fever, chills, a dry cough, headache, runny nose, sore throat, and muscle and joint pain. Unlike other common respiratory infections, influenza can cause extreme fatigue lasting several days to weeks.

How is influenza prevented?

There is a vaccine to protect against influenza. Because the influenza virus changes from year to year, it is important to get vaccinated against influenza on a yearly basis. The best time to get the flu shot is in the fall, September 15 - December 31.

Is the vaccine safe?

You cannot get influenza from the vaccine. The vaccine is very safe and effective and generally has few side effects. There may be some soreness, redness, or swelling where the shot is given. Other possible mild side effects include a headache and low-grade fever for a day after the vaccination.

Who should get the influenza vaccine?

- People 65 years of age and older.
- People with chronic disorders of the lungs or heart.
- People who are less able to fight infections because of a disease they are born with, infection with the Human Immunodeficiency Virus (HIV), treatment with drugs such as long-term steroids, and/or treatment for cancer with x-rays or drugs.
- People with chronic diseases (including diabetes mellitus), kidney diseases, and blood cell diseases such as sickle cell anemia.
- Residents of nursing homes and other long-term care facilities housing anyone of any age with chronic medical conditions.

Who shouldn't get the influenza vaccine?

- Because the vaccination contains egg products, people who are allergic to eggs should not get this shot.
- People who currently have a fever should wait until they are well to get the shot.
- People who are on medications such as coumadin or who have respiratory problems should not get the flu shot. Please consult your doctor.

Source: National Coalition for Adult Immunization

Attention: Medicare Beneficiaries age 65 and older

- Your flu shot is free if you are enrolled in Medicare Part B and your health care provider accepts Medicare assignment.
- Bring your Medicare card with you to get your flu shot.
- HMO enrollees must receive their flu vaccination from an approved HMO provider.
- Call **1-800-365-5899** for more information on the flu shot vaccine or to receive a free adult immunization wallet card.

Transportation

Smart

Community Transit (313) 962-5515

D-Dot

Public Transit 1-888-DDOT-BUS

(Smart and D-Dot can refer you to bus lines that are closest to you. However, you must pay for transportation to the vaccine sites.)

Vaccine locations sponsored by Wayne County Public Health Department, City of Detroit Health Department, and Visiting Nurses Association.

-Flu shots scheduled by appointment only at these sites.

ALLEN PARK
Saturday, October 4
2 p.m. - 5 p.m.
Farmer Jack Supermarket
14640 Southfield Road
(Near Dix Road)

Wednesday, October 22
9 a.m. - 11:30 a.m.
1 p.m. - 3:30 p.m.
Lapham Community Center
15150 Horger Road
313-928-0770

BELLEVILLE
Friday, October 10
1 p.m. - 3:30 p.m.
September Days
46425 Tyler Road

Sunday, October 12
Noon - 3 p.m.
Farmer Jack Supermarket
10900 Belleville Road
(Near I-94)

CANTON
Saturday, October 4
2 p.m. - 5 p.m.
Farmer Jack Supermarket
43404 Joy Road
(Near Morton Taylor Road)

Sunday, October 5
Noon - 4 p.m.
Farmer Jack Supermarket
43404 Joy Road
(Near Morton Taylor Road)

Thursday, October 23
Noon - 3 p.m.
Farmer Jack Supermarket
43404 Joy Road
(Near Morton Taylor Road)

Wednesday, October 29
9 a.m. - 11:30 a.m.
1 p.m. - 3:30 p.m.
Canton Senior Center
46000 Summit Parkway
313-397-5444

DEARBORN
Wednesday, October 1
9 a.m. - 1 p.m.
Farmer Jack Supermarket
23000 Michigan Avenue
(Near Outer Drive)

Thursday, October 2
4 p.m. - 8 p.m.
Farmer Jack Supermarket
23000 Michigan Avenue
(Near Outer Drive)

Saturday, October 25
2 p.m. - 5 p.m.
Farmer Jack Supermarket
23000 Michigan Avenue
(Near Outer Drive)

DEARBORN HEIGHTS
Tuesday, September 23
9 a.m. - 11:30 a.m.
1 p.m. - 3:30 p.m.
Eton Center
4900 Pardee
313-277-7765

Friday, October 3
4 p.m. - 8 p.m.
Farmer Jack Supermarket
26400 Ford Road
(near John Daly)

Saturday, October 4
9 a.m. - 1 p.m.
Farmer Jack Supermarket
26400 Ford Road
(Near John Daly)

Tuesday, October 7
9 a.m. - 11:30 a.m.
1 p.m. - 3:30 p.m.
Berwyn Center
26155 Richardson
313-277-7054

Friday, October 17
2 p.m. - 5 p.m.
Farmer Jack Supermarket
27335 West Warren
(Near Inkster)

Saturday, October 18
2 p.m. - 5 p.m.
Farmer Jack Supermarket
20125 Ann Arbor Trail
(Near Evergreen Road)

DETROIT
Wednesday, October 1
12:30 p.m. - 3:30 p.m.
St. Peter & St. Paul School
7718 Westwood
(One block south of Tireman between Evergreen and Southfield)

Thursday, October 2
10 a.m. - 2 p.m.
Farmer Jack Supermarket
8000 West Outer Drive
(Near Southfield)

12:30 p.m. - 3:30 p.m.
Crowell Recreation Center
16330 Lasher
(South of McNichols)

Friday, October 3
9 a.m. - 1 p.m.
Farmer Jack Supermarket
19150 Telegraph
(Near 7 Mile Road)

Saturday, October 4
2 p.m. - 5 p.m.
Farmer Jack Supermarket
8000 West Outer Drive
(Near Southfield)

Tuesday, October 7
12:30 p.m. - 3:30 p.m.
Mt. Zion Lutheran Church
13560 East McNichols
(West of Gratiot)

Thursday, October 9
4:30 p.m. - 7 p.m.
Herman Kiefer Health Complex
1151 Taylor
(At John C Lodge)

12:30 p.m. - 3:30 p.m.
Tindal/Reuther Recreation Center
10301 West 7 Mile Road
(West of Wyoming)

Saturday, October 11
2 p.m. - 4 p.m.
Farmer Jack Supermarket
19150 Telegraph
(Near 7 Mile Road)

Sunday, October 12
Noon - 3 p.m.
Farmer Jack Supermarket
500 East Warren
(Near St. Antonine)

Tuesday, October 14
12:30 p.m. - 3:30 p.m.
Kemeny Recreation Center
2260 South Fort Street
(Between Schaefer and Visgar Roads)

Wednesday, October 15
12:30 p.m. - 3:30 p.m.
Evans Recreation Center
13950 Joseph Campau
(South of McNichols)

Thursday, October 16
9 a.m. - 11 a.m.
Farmer Jack Supermarket
8665 Rosa Parks Blvd.
(Near Virginia Park)

3 p.m. - 5 p.m.
Farmer Jack Supermarket
700 Chene
(Near Lafayette)

Wayne County Flu Vaccine Locations

Noon - 2 p.m.
Farmer Jack Supermarket
9731 Harper
(Near Gratiot)

12:30 p.m. - 3:30 p.m.
Coleman A. Young Recreation Center
2751 Robert Bradby Drive

Friday, October 17
12:30 p.m. - 3:30 p.m.
St. Jude Catholic Church/School
15865 East 7 Mile Road
(West of Kelly)

Sunday, October 18
2 p.m. - 4 p.m.
Farmer Jack Supermarket
2411 Central
(Near Pitt)

Tuesday, October 21
12:30 p.m. - 3:30 p.m.
Kronk/Reuther Recreation Center
5555 McGraw
(Corner of Junction)

Wednesday, October 22
1 p.m. - 3 p.m.
Farmer Jack Supermarket
20361 Plymouth
(Near Evergreen)

Thursday, October 23
10 a.m. - Noon
Farmer Jack Supermarket
19195 Livernois
(Near 7 Mile Road)

12:30 p.m. - 3:30 p.m.
UAW Dave Miller Building
8731 East Jefferson

Saturday, October 25
2 p.m. - 5 p.m.
Farmer Jack Supermarket
9800 East 8 Mile Road
(Near Van Dyke)

Tuesday, October 28
12:30 p.m. - 3:30 p.m.
State Fair Community Arts Building
State Fair Street
(Gate 2 near Woodward)

Thursday, October 30
12:30 p.m. - 3:30 p.m.
Williams Recreation Center
8401 Rosa Parks Blvd.
(At Euclid)

Tuesday, November 4
12:30 p.m. - 3:30 p.m.
LaSed Senior Center
7150 West Vernor
(East of Central)

Thursday, November 13
4:30 p.m. - 7 p.m.
Herman Kiefer Health Complex
1151 Taylor
(At John C Lodge)

GROSSE POINTE WOODS

Friday, October 3
9 a.m. - 11:30 a.m.
1 p.m. - 3:30 p.m.
Barnes School
20090 Morningside
313-882-9600

Thursday, October 16
10 a.m. - 1 p.m.
Farmer Jack Supermarket
20382 Mack
(Near 8 Mile Road)

Friday, October 17
5 p.m. - 8 p.m.
Farmer Jack Supermarket
20382 Mack
(Near 8 Mile Road)

Thursday, November 6
9 a.m. - 11:30 a.m.
1 p.m. - 3:30 p.m.
Barnes School
20090 Morningside
313-882-9600

HAMTRAMCK

Friday, October 3
10 a.m. - 2 p.m.
Farmer Jack Supermarket
9023 Joseph Campau
(Near Holbrook)

Saturday, October 4
9 a.m. - Noon
Farmer Jack Supermarket
9023 Joseph Campau
(Near Holbrook)

HARPER WOODS

Thursday, October 23
10 a.m. - Noon
19230 Harper
(Near Moross)

HIGHLAND PARK

Tuesday, October 14
1 p.m. - 3 p.m.
Ernest T. Ford Field House
10 Pitkin
313-869-5262

Sunday, October 19
Noon - 3 p.m.
14510 Second Avenue
(Near Sears)

INKSTER

Tuesday, October 28
1 p.m. - 3:30 p.m.
Chateau Cherry Hill
213 Henry Ruff Road

LINCOLN PARK

Thursday, October 9
9 a.m. - Noon
Farmer Jack Supermarket
2400 West Fort Street
(Near Champaign)

Friday, October 10
5 p.m. - 8 p.m.
Farmer Jack Supermarket
2400 West Fort Street
(Near Champaign)

Saturday, October 25
9 a.m. - Noon
Farmer Jack Supermarket
3666 West Fort Street
(Near Emmons)

Friday, October 31
9 a.m. - 11:30 a.m.
1 p.m. - 3:30 p.m.
Lincoln Park Senior Center
3250 Ferris Street
313-386-3103

LIVONIA

Friday, October 3
5 p.m. - 9 p.m.
Farmer Jack Supermarket
37685 5 Mile Road
(Near Newburgh)

Saturday, October 4
9 a.m. - Noon
Farmer Jack Supermarket
37685 5 Mile Road
(Near Newburgh)

Friday, October 17
5 p.m. - 8 p.m.
Farmer Jack Supermarket
28107 West 8 Mile Road

Saturday, October 18
2 p.m. - 5 p.m.
Farmer Jack Supermarket
28107 West 8 Mile Road

9 a.m. - Noon
Farmer Jack Supermarket
29583 5 Mile Road
(Near Middlebelt)

Thursday, October 23
9 a.m. - 11:30 a.m.
1 p.m. - 3:30 p.m.
Sheldon Park
10800 Farmington Road

Friday, October 24
9 a.m. - 11:30 a.m.
1 p.m. - 3:30 p.m.
Sheldon Park
10800 Farmington Road
313-422-5010

Sunday, October 25
2 p.m. - 5 p.m.
Farmer Jack Supermarket
37685 5 Mile Road
(Near Newburgh)

10 a.m. - 1 p.m.
Farmer Jack Supermarket
29583 5 Mile Road
(Near Middlebelt)

MELVINDALE

Wednesday, October 1
9 a.m. - 1 p.m.
Farmer Jack Supermarket
3600 Oakwood
(Near Allen Road)

NORTHVILLE

Saturday, October 4
9 a.m. - Noon
Farmer Jack Supermarket
17447 Haggerty Road
(Near 8 Mile Road)

Sunday, October 5
Noon - 4 p.m.
Farmer Jack Supermarket
17447 Haggerty Road
(Near 8 Mile Road)

Saturday, November 1
10 a.m. - 1 p.m.
Farmer Jack Supermarket
17447 Haggerty Road
(Near 8 Mile Road)

PLYMOUTH

Thursday, October 16
9 a.m. - 11:30 a.m.
1 p.m. - 3:30 p.m.
Plymouth Cultural Center
525 Farmer Road
313-455-6627

REDFORD

Saturday, October 4
9 a.m. - 1 p.m.
Farmer Jack Supermarket
27330 Plymouth Road
(Near Inkster)

Tuesday, October 21
9 a.m. - 11:30 a.m.
1 p.m. - 3:30 p.m.
Redford Community Center
12121 Hemingway

RIVERVIEW

Friday, October 24
2 p.m. - 4 p.m.
Farmer Jack Supermarket
20780 Fort Street
(Near King)

ROCKWOOD

Monday, October 6
1 p.m. - 3:30 p.m.
Rockwood Community Center
32001 Fort Street

SOUTHGATE

Saturday, October 4
9 a.m. - Noon
Farmer Jack Supermarket
11055 Allen Park
(Near Goddard Road)

Sunday, October 5
Noon - 4 p.m.
Farmer Jack Supermarket
11055 Allen Park
(Near Goddard Road)

Saturday, October 18
1 p.m. - 4 p.m.
Farmer Jack Supermarket
13777 Eureka Road
(Near Trenton)

TAYLOR

Friday, October 3
4 p.m. - 8 p.m.
Farmer Jack Supermarket
21592 Ecorse
(Near Monroe)

Saturday, October 4
9 a.m. - Noon
Farmer Jack Supermarket
23135 Ecorse Road

Friday, October 17
5 p.m. - 8 p.m.
Farmer Jack Supermarket
22700 Goddard
(Near Pardee)

Saturday, October 18
9 a.m. - Noon
Farmer Jack Supermarket
22700 Goddard
(Near Pardee)

Thursday, October 30
9 a.m. - 11:30 a.m.
1 p.m. - 3:30 p.m.
Ford Senior Center
6750 Troy
313-291-7740

TRENTON

Tuesday, September 30
1 p.m. - 3:30 p.m.
Senior Program Office
2800 Third Street

WAYNE

Friday, October 10
5 p.m. - 8 p.m.
Farmer Jack Supermarket
35400 East Michigan Avenue
(Near Wayne Road)

WESTLAND

Wednesday, October 1
5 p.m. - 9 p.m.
Farmer Jack Supermarket
132 Merriman
(Near Cherry Hill)

Thursday, October 2
10 a.m. - 2 p.m.
Farmer Jack Supermarket
132 Merriman
(Near Cherry Hill)

5 p.m. - 9 p.m.
Farmer Jack Supermarket
34414 Ford Road
(Near Wildwood Street)

Friday, October 3
9 a.m. - 1 p.m.
Farmer Jack Supermarket
34414 Ford Road
(Near Wildwood Street)

Sunday, October 5
Noon - 4 p.m.
Farmer Jack Supermarket
8050 Middlebelt
(Near Ann Arbor Trail)

Saturday, November 1
2 p.m. - 5 p.m.
Farmer Jack Supermarket
34414 Ford Road
(Near Wildwood Street)

WOODHAVEN

Monday, September 29
1 p.m. - 3:30 p.m.
Woodhaven Community Center
23101 Hall Road
313-675-4926

WYANDOTTE

Thursday, September 25
9 a.m. - 11:30 a.m.
1 p.m. - 3:30 p.m.
Copeland Center
2306 Fourth Street
313-246-4478