



1200 Washington Ave, Bay City, Michigan 48708
<http://www.baycounty-mi.gov/Health>

989-895-4009, PHONE
989-895-2083, FAX
989-895-4049, TDD

James A. Barcia
Bay County Executive

Joel R. Strasz
Public Health Officer

Thomas John Bender, MD, PhD
Medical Director

FOR IMMEDIATE RELEASE

To: All Media
From: Joel Strasz, Public Health Officer – Bay County Health Department
Date: October 17, 2022
Re: **Bay County Health Department Hosts Walk-in Clinic Day for Flu Shots on Oct. 24**

BAY COUNTY, MICHIGAN – The Bay County Health Department is hosting a walk-in clinic day for flu shots on Monday, October 24, from 8:30 am to 4:00 pm. Anyone who receives their flu shot is eligible for a free beverage from Travelin' Tom's Coffee, courtesy of Molina Healthcare. Flu shots are recommended for anyone ages 6 months and older. Flu shots are available at no out-of-pocket cost for those with Medicaid, Medicare, and most private insurance plans. Please remember to bring your insurance card and identification.

In addition to flu vaccine, BCHD continues to offer and recommend the Pfizer bivalent COVID-19 vaccine booster by appointment. The Pfizer bivalent booster dose is approved for ages 5 and older. A bivalent booster contains the original strain of COVID-19 in addition to the omicron variants, thus offering greater protection from severe illness. A bivalent booster is given at least 2 months after the last dose of your COVID-19 vaccine received. Those who have not completed a primary vaccination series must complete their primary series first, wait at least 2 months, and then are able to receive a bivalent booster dose.

Along with vaccination, stopping the spread of germs is important for the prevention of the flu, COVID-19, and the common cold. You can take actions to protect yourself by doing the following:

- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer (with at least 60% alcohol)
- Cover your nose and mouth with a tissue (or use the inside of your elbow) when you cough or sneeze and throw away the tissue.
- Avoid touching your eyes, nose, and mouth
- Try to avoid close contact with sick people
- While sick, stay home or limit contact with others as much as possible. If you must go out, consider wearing a mask to protect others while you are sick.
- Clean and disinfect surfaces and objects that may be contaminated with germs
- The CDC recommends that you stay home for 5 full, 24-hour days with COVID-19.
- If you are diagnosed with the flu, stay home at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of fever-reducing medicine.)

If you would like to schedule an appointment for a Pfizer COVID-19 primary series or bivalent booster, please contact BCHD at 989-895-2035, Monday through Friday, between 8am-5pm.

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