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INFLUENZA

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COLD WEATHER

For child car seat inspection appointments, contact Sgt. Chris Zepke at

586-286-0027

For information on Fire Safety, Free Smoke Detectors or Fire Inspections, contact a Fire Inspector at:

586-949-2138

Or

fireprevention@macomb-mi.gov

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Stay healthy and safe with these tips!

The Flu And You: (what you need to know)

Millions of people get the flu every year. Flu season usually peaks between December and February, but significant activity can occur as late as May, according to the CDC. Over 200,000 people are hospitalized from flu related illness every year.

Flu can kill:
Over a period of 30 years, between 1976 and 2006, estimates of yearly flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people during the most severe season. (CDC)

There is a vaccine that can prevent flu. While how well the vaccine works can vary, the benefits from vaccination are well documented. Studies show that flu vaccination can reduce flu illnesses, doctors' visits, missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths.

Flu Vaccinations

Who should be vaccinated?

The CDC recommends that anyone over the age of 6 months should be vaccinated.

Who is most at risk?
Young children, pregnant women, people 65 and older and people with certain medical conditions, like asthma, diabetes or

heart disease are most at risk and vaccination for people in this group is very important.

Where can I get a flu shot?

Use the [HealthMap Vaccine Finder](http://vaccine.healthmap.org) at <http://vaccine.healthmap.org> to find the nearest location where you and your family can get vaccinated.

Is the flu shot expensive?

No. Most health insurance plans cover the cost of recommended vaccines. If you do not currently have health insurance, the [Macomb County Health Dept.](#) charges \$20, or \$10 for children under 19 without coverage.



For fire prevention

questions, smoke

detectors, or to

schedule a Fire

Station tour for your

group, contact a Fire

Inspector at:

[fireprevention](mailto:fireprevention@macomb-mi.gov)

[@macomb-](mailto:fireprevention@macomb-mi.gov)

mi.gov.

Or, call us at

(M-F 8a.m-4:30p.m)

586-949-2138

(All other times)

586-286-0027

Extreme Cold

People often ask what clothing is best to wear during periods of extremely cold weather. Here is a list of items you should consider wearing when the mercury falls:

-Wear multiple layers of loose-fitting, warm clothing and a hat.

-Mittens are better than gloves for warmth.

-Always try to stay dry and out of the wind.

Other tips:

Don't forget to bring your pets inside during periods of extreme cold.

Minimize any non-essential travel.

Keep a [survival kit in your car](#)

False Alarms Due to Cold

When extreme cold weather strikes residents often call in with reports of smoke detectors sounding with no apparent cause.

Often, the cause is a buildup of

condensation in the smoke detector. This occurs most often on the level of your home where your ceiling-mounted detector meets the attic space. If you have any

question over the cause of a smoke detector activation, call 911.

If you need help installing or obtaining a smoke detector, call or [EMAIL US](#).

Additional Information

Always stay prepared for any disaster. Learn more at ready.gov

Learn more about various health and vaccination programs offered by the [Macomb County Health Department](#).

Macomb Township Fire Prevention Division offers free smoke detectors to residents. Call 586-949-2138 or [EMAIL US](#)