



Jackson County Health Department

1715 Lansing Avenue • Jackson, MI 49202 • Phone (517) 788-4420 • Fax (517) 788-4373

Creating Healthy Communities



FOR IMMEDIATE RELEASE

Tips for staying safe during the holidays

Contact: Debra Kubitskey
Phone Number: (517) 768-6623
Email Address: dkubitskey@mijackson.org
Date: December 3, 2021

JACKSON COUNTY, MI – Many of us are looking forward to reinstating our favorite holiday traditions this year including gathering with friends and family. Now is the time to get vaccinated to ensure you have the best level of protection for these events.

- **Get a Booster** – Whether it is a [COVID-19 booster dose](#) or a flu shot, it takes 2 weeks for your body to develop immunity after receiving the vaccine. Get a vaccine by December 8th to be protected for Christmas. Boosters have been approved for everyone 18 and older. If your original vaccine was an mRNA vaccine (Pfizer or Moderna) you should wait six months after the initial series to get a booster. If you received the Johnson and Johnson vaccine, the wait is only two months.
- **Get vaccinated-** Vaccines are available for everyone 5 and older. To schedule a COVID vaccine at the health department please call 517-788-4468. The clinic is open Monday, Tuesday, Thursday, and Friday from 8:00 -11:30 am and 1:00-4:00 pm. Another resource for finding a convenient location for a vaccine is to go to [vaccines.gov](https://www.vaccines.gov). You can also receive a flu vaccine at the same time as a COVID vaccine.

Here are other important actions to take that will protect you and your family.

- **Wear a mask indoors-** Whether it is at work, school, or another public place wear a mask when with other people, even if vaccinated.
- **Stay home when sick-** Whether it is COVID, the flu, or a cold they are all contagious. Don't put others at risk of becoming ill.
- **Get tested-** If you are having symptoms or if exposed to someone with COVID get tested. Do not spend time with others outside of your household while awaiting test results and if you are positive, notify your close contacts so they can quarantine. See the [CDC Quarantine and Isolation](#) page for more information.

Working together to create and promote a healthy community through disease prevention and control, health education, environmental protection and emergency preparedness.

- **If traveling check for local COVID guidelines-** Airlines, buses, venues, restaurants may have requirements and restrictions. Check before you go to ensure you are prepared and can enjoy your trip.

For COVID-19 testing in Jackson County, you can contact the Henry Ford COVID-19 testing line at (517)205-6100, or the Center for Family Health Hotline at (517)748-5363. Visit www.mijackson.org/hd and click on COVID INFORMATION to view Jackson County COVID case counts as well as a menu of other COVID topics. For resources on how to stay safe during the pandemic, visit Michigan.gov/coronavirus and CDC.gov/coronavirus. You can contact the Jackson County Health Department with questions at (517)788-4420, option 9, and leave a message. In case of a medical emergency call 911.

###