

October 19, 2017



KEEP VACCINE BETWEEN YOU AND THE FLU

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Martin County, FL – The Florida Department of Health in Martin encourages all Floridians to keep vaccine between you and disease by getting a flu shot ahead of the 2017 flu season. Floridians should get the flu vaccine to protect against infection and help prevent the spread of seasonal flu to others. It has never been easier, and it's never too late to get your flu shot!

“The flu vaccine is very effective in preventing against the infection. Fortunately, the vaccine is readily available in our community through doctor’s offices and local pharmacies.” said Karlette Peck, Health Officer for the Florida Department of Health in Martin County. “A good plan for helping prevent the flu includes getting the vaccine, good handwashing, exercise and a well-balanced diet.”

The flu vaccine is recommended for everyone six months and older, including pregnant women. It takes about two weeks after vaccination for your body to develop protection against the flu. The Centers for Disease Control and Prevention (CDC) recommends people get injectable flu shots. Nasal spray vaccine is not recommended for this flu season due to concerns regarding its effectiveness.

It is also essential to practice good hygiene by [properly and frequently washing your hands](#) to help prevent the spread of seasonal flu. Make it a habit to clean and disinfect commonly used surfaces in your home, school or office. You can take additional steps to ward off the flu by coughing or sneezing into a tissue or your elbow and avoiding touching your face.

Receiving your flu vaccination if you are healthy helps to prevent illness in our most vulnerable populations. People at higher risk for flu-related complications include children ages newborn to five, adults over the age of 65, pregnant women and people who have existing medical conditions such as asthma.



Free Flu Clings: The Florida Department of Health in Martin County has developed colorful static clings, which stick to bathroom mirrors or glass, with reminders to “Shoo the Flu”. To request free flu clings for your office, call 772-221-4000 ext. 2210, or email: renay.rouse@flhealth.gov

Check with your physician or use our [Flu Shot Locator](#) to schedule your flu vaccine. Visit FluFreeFlorida.com for more information on how you can be a part of #FluFreeFL.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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