

December 19, 2018



IT'S FLU SEASON!

Take Precautions to "Shoo the Flu" and Stay Healthy!

Contact:

Renay Rouse Renay.Rouse@FLHealth.gov 772-631-6008

Martin County, FL – The Florida Department of Health in Martin County is encouraging everyone to do what they can to protect against influenza (flu), a contagious respiratory illness which can cause mild to severe illness.

Flu usually comes on suddenly with symptoms including fever, chills, cough, sore throat, runny or stuff nose and body aches. Contact your doctor for treatment options, as antiviral drugs may lessen the symptoms.

In Martin County, cases of influenza and influenza-like illness (ILI) continue to increase. According to the Centers for Disease Control and Prevention (CDC), flu activity is usually highest between December and February. Getting your flu shot can reduce flu illnesses, doctors' visits, missed work and school due to flu, as well as prevent flu-related hospitalizations. Receiving your flu vaccination if you are healthy helps to prevent illness in our most vulnerable populations, as well. People at higher risk for flu-related complications include children ages newborn to 5, adults over the age of 65, pregnant women, people who have existing medical conditions, such as asthma and those who are immuno-compromised.

The flu vaccine is readily available throughout Martin County including private doctor offices, pharmacies and grocery stores. The Florida Department of Health in Martin County offers free flu shots for uninsured or underinsured adults and children. To schedule an appointment, call 772-221-4000 ext. 2242.

Practice Prevention:

- Get a flu shot
- Wash your hands often
- Exercise and eat nutritious foods
- Stay home when you are sick
- Cover your cough and sneeze



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. Follow us on Twitter at [@GoHealthyMartin](#) and on [Facebook](#). For more information about the Florida Department of Health please visit www.MartinCountyHealth.com