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SHOO THE FLU AND STAY HEALTHY THIS HOLIDAY SEASON *Health Department develops a creative reminder*

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Martin County, FL – It's cold and flu season and the Florida Department of Health in Martin County is delivering flu prevention information in a creative way. The Department developed a colorful static cling with tips that encourage residents to "Shoo the Flu". The cling sticks to bathroom mirrors or glass and is popping up around Martin County.

Seasonal influenza is a contagious respiratory disease caused by influenza viruses. Symptoms of influenza include headache, fever, severe cough, runny nose or body aches. If you experience Influenza like illness, contact your doctor for guidance. Medication to lessen the severity of the symptoms may be prescribed by your doctor.

"Getting a flu shot is the best way to protect yourself and your family members from the flu. Fortunately, the vaccine is readily available in our community." said Karlette Peck, Health Officer for the Florida Department of Health in Martin County.

Practice Prevention:

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



To request a free flu prevention cling for your office, or to find out more information about the flu, log on to www.MartinCountyHealth.com

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About the Florida Department of Health

The department 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 [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health please visit www.FloridaHealth.gov.