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FIGHT FLU – GET VACCINATED

Free flu shots offered in Stuart this Thursday, Jan 23

Contact:

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Martin County, FL – The Florida Department of Health in Martin County is urging all unvaccinated residents to fight the spread of flu by getting a flu shot and practicing other prevention methods such as covering coughs and sneezes and frequent handwashing.

The Health Department is hosting a free flu shot clinic for those who are uninsured or underinsured this Thursday, January 23 from 5:00 – 7:00 pm at 3441 SE Willoughby Blvd. in Stuart. The vaccine is available for those who are 4 years and older.

“If you haven’t received your flu shot yet, now is the time, it’s not too late.” said Interim Health Officer Carol Ann Vitani. “The flu virus is very contagious and cause severe illness which can lead to death.”

Free Flu Shot Clinic:

Date & Time: Thursday, January 23, 5:00 – 7:00 pm
Location: Florida Department of Health, 3441 SE Willoughby Blvd., Stuart
Ages: Uninsured/Underinsured children and adults, ages 4 & up

Healthy Habits to Help Prevent Flu

Good health habits like washing your hands can help stop the spread of germs and prevent respiratory illnesses like the flu. If soap and water are not available, use an alcohol-based hand rub.

Covering the mouth and nose with a tissue when coughing or sneezing may prevent those around you from getting sick. Make it a habit to clean and disinfect commonly used surfaces in your home, school or office.

If you become sick with the flu and have questions or concerns, be sure to contact your healthcare provider.

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