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COLD AND FLU SEASON IS HERE

Take steps now to protect yourself and your loved ones

Contact:

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Martin County, FL – The Florida Department of Health in Martin County (DOH-Martin) is encouraging residents to take steps now to prevent getting sick from the flu.

Influenza (flu) is a contagious respiratory illness that can cause serious illness or death.

Getting vaccinated every year is the best way to prevent the spread of the flu. The Centers for Disease Control and Prevention (CDC) recommends that everyone over the age of 6-months be vaccinated, and vaccination is especially important for those who are pregnant or have chronic health conditions. It takes about two weeks after vaccination for antibodies that protect against the flu to develop in the body.

The flu vaccine is readily available in the community via healthcare providers and local pharmacies. DOH-Martin provides free flu shots for uninsured and underinsured adults and school age children. Call 772-221-4000, option #3 for an appointment.

Practice Prevention:

1. Cover your cough and sneeze
2. Wash your hands often
3. Exercise and eat nutritious foods
4. Stay home when you are sick
5. Get a flu shot



“SHOO THE FLU”: FREE CLINGS:

To encourage the community to practice flu prevention, DOH-Martin is offering free “Shoo The Flu” clings with prevention reminders. To request free clings for your office, email: CHD43WebFeedback@flhealth.gov

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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