

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the **Healthiest State** in the Nation

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**Contact:** DOH Communications  
(850) 245-4111

## **FLORIDA DEPARTMENT OF HEALTH URGES FLORIDIANS TO HELP PREVENT SEASONAL FLU**

**TALLAHASSEE** - Flu season is here and the Florida Department of Health urges residents and visitors to take precautions to help limit their risk of exposure to infection. Influenza is a serious disease that can lead to hospitalization and sometimes even death.

“Take action now to protect yourself and your family from the flu,” said State Surgeon General and Secretary of Health Dr. John H. Armstrong. “Floridians need to get their annual flu shot, wash their hands regularly and stay home if they do become ill.”

Symptoms of the flu include headache, fever, severe cough, runny nose or body aches. Contact your health care provider immediately if symptoms appear.

The Department offers the following prevention tips:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth since germs spread this way.
- Try to avoid close contact with sick people.
- If you or your children are sick with a flu-like illness, stay home for at least 24 hours after your fever is gone, unless you need medical care.
- Get vaccinated every year since flu viruses change.

Check with your physician, your local [county health department](#) or visit <http://www.floridahealth.gov/prevention-safety-and-wellness/flu-prevention/locate-a-flu-shot.html> to search for a location to receive a flu vaccine.

For more information, visit <http://www.floridahealth.gov/prevention-safety-and-wellness/flu-prevention/index.html>.

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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