

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

FOR IMMEDIATE RELEASE
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Contact: Communications Office
(850) 245-4111

Florida Department of Health offers Flu Vaccinations for Employees

TALLAHASSEE – The Florida Department of Health today provided flu vaccinations to over 300 state employees as part of the “Vaccine before Halloween” campaign. Onsite vaccinations were available throughout the day at the Capital Circle Office Complex in Tallahassee, and the event served as a reminder that it is important for all Floridians to get their flu shot.

“The Florida Department of Health is committed to promoting good health in the workplace.” said State Surgeon General and Secretary of Health Dr. John Armstrong. “We want to encourage everyone, including our own employees, to get their “flu vaccine before Halloween.”



Employees who receive annual vaccinations lower their risk of acquiring and transmitting the influenza virus within the workplace. According to the Centers for Disease Control and Prevention, the flu costs the United States more than \$87 billion annually and is responsible for the loss of close to 17 million workdays each flu season. Encouraging flu vaccinations in the workplace is an effective way to limit absenteeism and protect the health and safety of employees and their families.

Everyone aged six months and older should get the flu vaccine. Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza, such as pregnant women, children under the age of 5 and people of any age with certain chronic medical conditions (such as asthma, diabetes or heart disease).

It can take up to two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. In the meantime, you are still at risk for getting the flu. That is why it is important to get vaccinated early in the fall, before the flu season really gets under way.

Symptoms of the flu may 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:

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www.FloridaHealth.gov
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- Get vaccinated every year, because flu viruses change.
- 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 are spread this way.
- 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.

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 see where flu vaccine is available in your area.

For more information, visit <http://www.floridahealth.gov/programs-and-services/prevention/fluprevention/index.html>

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. During 2014, the Department is recognizing 125 years of public health in Florida with educational opportunities and events. Please visit www.FLHealth125.gov for more information.

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