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FLORIDIANS REMINDED TO GET YOUR VACCINE BEFORE HALLOWEEN

Flu Vaccines Available at County Health Departments



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Tallahassee, Fla.—State Surgeon General and Secretary of Health Dr. John Armstrong received his annual flu shot today highlighting the importance of getting vaccinated against the flu. The Florida Department of Health encourages everyone to get vaccinated before Halloween to reduce the risk of illness this flu season. The flu shot is recommended for all Floridians 6 months of age and older on a yearly basis.

“The flu shot is the best way to protect our families and communities against the spread of influenza,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “All residents should take precautions against the flu by getting vaccinated, regularly washing your hands and staying home when you are sick.”

The flu vaccine is available by shot or nasal spray in a variety of locations including county health departments, family physicians, pharmacies and many worksites. There are vaccines approved for people of different ages as well as for use in pregnant women and those with health conditions. The vaccine is widely available and takes just a few minutes to reduce your risk of illness.

The department encourages the following steps to avoid catching or spreading the flu:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you do not have a tissue, cough and sneeze into your elbow to reduce spreading of germs;
- 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;
- Try to avoid close contact with people who are showing symptoms of illness;
- If you are sick with flu–like illness, stay home for at least 24 to 48 hours after your fever is gone, without the use of fever-reducing medicine, except to get medical care or for other necessities; and
- Get revaccinated every year because strains of flu viruses change each year.

The U.S. Department of Health and Human Services provides a [flu infographic](#) that can help you learn more about your risk for illness and the options that are available for prevention.

Check with your family physician, retail pharmacist or [find a local county health department](#) to get your flu shot today.

View the department's "Vaccine before Halloween" public service announcement here: <https://www.youtube.com/watch?v=iiQeTt9O3fo>

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.

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