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'TIS THE SEASON FOR FLU VACCINATION *All Residents and Visitors Encouraged to get Vaccinated Annually*



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Tallahassee, Fla.—The Florida Department of Health recognizes December 6-12, 2015 as National Influenza Vaccination Week. The department along with the Centers for Disease Control and Prevention (CDC) remind everyone that even though the holiday season has arrived, there is still time to get your flu vaccination. It is recommended that everyone 6 months of age and older receive the vaccine each year to protect against illness.

“Vaccination is the best protection against influenza and preventable illness,” said state Surgeon General and Secretary of Health Dr. John Armstrong. “Give the gift of health this season –take time to ensure that your loved ones have received their flu vaccinations.”

The department reminds Floridians who are at high risk of flu-related complications to receive their vaccination. People at high risk of serious flu complications include young children, pregnant women, people with certain chronic health conditions like asthma, diabetes, heart disease or lung disease, and people aged 65 years and older.

Flu vaccines are offered in many locations, including doctor’s offices, health departments, pharmacies and by some employers and schools. Find your [local county health department](#) and learn more about receiving your vaccination. Once vaccinated, you can enjoy this holiday season knowing that you have taken the single best step to protect yourself and loved ones against the flu.

For more information about National Influenza Vaccination Week, please visit www.cdc.gov/flu.

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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