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DO YOUR PART IN PREVENTING SEASONAL FLU



Contact:

Communications Office

NewsMedia@flhealth.gov

850-245-4111

Tallahassee, Fla. — Florida Health reminds all residents and visitors that the best protection from seasonal flu is the flu vaccine. Flu strains change from year to year, so up-to-date coverage is critical. The annual flu vaccine is recommended for everyone 6 months and older.

“Vaccination is key to preventing the spread of flu this season, and there is still time to be vaccinated against the flu,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “The flu vaccine protects more than yourself; it helps to protect your friends, family and community from illness as well.”

Receiving your flu vaccination if you are healthy helps to prevent illness in our most vulnerable populations. People at higher risk for flu-related complications include children ages newborn to 5, adults over the age of 65, pregnant women and people who have existing medical conditions such as asthma.

It is equally important to practice good hygiene and [proper handwashing techniques](#). Make it a habit to clean and disinfect commonly used surfaces in your home, school, or office. You can take additional steps to ward off flu by coughing or sneezing into a tissue or your elbow, frequently washing your hands and avoiding touching your face.

You can put the flu vaccine between you and the disease by receiving your vaccination today. Learn more about where you can get your flu shot this year by visiting our [flu shot locator page](#).

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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