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KEEP VACCINE BETWEEN YOU AND THE DISEASE THIS FLU SEASON



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Tallahassee – The Florida Department of Health encourages all Floridians to keep the vaccine between you and the disease by getting a flu shot ahead of the 2017 flu season. Floridians should get the flu vaccine to protect against infection and help prevent the spread of seasonal flu to others. It has never been easier, and it's never too late to get your flu shot!

“Each year, flu sickens many Floridians across the state, and flu-related illnesses were responsible for nearly 12,000 deaths in Florida last year,” said State Surgeon General and Secretary of Health Dr. Celeste Philip. “Everyone must take flu seriously and protect themselves and others by ensuring that all eligible family members are vaccinated.”

Getting your flu shot can reduce flu illnesses, doctors' visits, missed work and school due to flu, as well as prevent flu-related hospitalizations. Receiving your flu vaccination if you are healthy helps to prevent illness in our most vulnerable populations as well. 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.

The flu vaccine is recommended for everyone six months and older, including pregnant women. It takes about two weeks after vaccination for your body to develop protection against the flu. The Centers for Disease Control and Prevention recommends people get injectable flu shots. Nasal spray vaccine is not recommended for this flu season because of concerns about its effectiveness.

It is also essential to practice good hygiene by [properly and frequently washing your hands](#) to help prevent the spread of seasonal flu. 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 the flu by coughing or sneezing into a tissue or your elbow and avoiding touching your face.

Put the flu vaccine between you and the disease this year by receiving your vaccination today. Check with your physician, your [county health department](#), or use our [Flu Shot Locator](#) to schedule your flu vaccine. Visit FluFreeFlorida.com for more information on how you can be a part of #FluFreeFlorida.

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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