

December 7, 2015

## DECEMBER 6-12 IS NATIONAL INFLUENZA VACCINATION WEEK



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**Milton, FL** – During National Influenza Vaccination Week, the Florida Department of Health in Santa Rosa County (DOH-Santa Rosa) would like to remind everyone that it is not too late to get a flu shot. A yearly flu shot is recommended for everyone six-months of age and older and is the first and most important step in protecting yourself and your family from the flu. Flu activity often peaks in January and February and can last until May.

Those most susceptible to flu complications include young children, pregnant women, individuals with chronic health conditions like diabetes and those ages 65 and over. Complications include pneumonia, bronchitis, sinus infections and ear infections. The most serious complications can result in hospitalization and even death. Infants under the age of six-months cannot take the vaccine, so it is important for parents, grandparents and caregivers to be vaccinated to protect infants from the disease.

The health department in Milton offers flu shots on a walk-in basis at the Milton location on Mondays and Thursdays and the Midway location on Tuesdays from 8:00 a.m. to 11:30 a.m. and 1:00 p.m. to 3:30 p.m. for a fee of \$32.00. Medicare Part B covers flu shots for those who are eligible. The vaccine is free for children through the age of 18 through the Vaccines for Children program but supplies are limited. It is suggested that parents call the clinic at 850-983-5200 to verify vaccine availability.

The vaccine is also offered by many medical providers and drug stores in our area.

In addition to getting a flu shot, the health department recommends these tips for avoiding the flu:

- Wash hands frequently using soap and warm water. If soap and water are not available, use an alcohol based hand sanitizer.
- Cover coughs and sneezes. Cough or sneeze into a disposable tissue and throw the tissue away after use, or cough or sneeze into your elbow or sleeve.
- Stay home if you are experiencing flu like symptoms, such as fever, cough, sore throat, headache and muscle aches, and keep children with symptoms home

from school or day care, until fever free for at least 24 hours without the use of fever reducing medication, except to seek medical care.

For more information about flu shots visit our website at [santarosa.floridahealth.gov](http://santarosa.floridahealth.gov) or the Centers for Disease Control at [cdc.gov](http://cdc.gov).

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