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DOH-BAY VACCINATES MORE THAN 50 CHILDREN AGAINST FLU IN TWO DAYS



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PANAMA CITY, Fla.— DOH-Bay wants to thank parents and guardians in Bay County for acting to protect their children against the flu. On Friday, January 26, DOH-Bay vaccinated 25 children. That number increased to 26 on Monday, January 29. The total for just the two days was 51! We are also proud that our staff worked extra hard and stayed over to protect these children.

We still have some supply of flu shots for children available. Hours are Monday through Friday 8 am to 5 pm. Please check in by 4 pm. There is no fee for these shots through the child vaccine program. DOH-Bay also has the high-dose adult shot as well. There is a fee for this service, but it is also covered by Medicare and Blue Cross Blue Shield. No appointment is necessary for either service.

There are still weeks of flu activity to come. It is not too late to get your flu vaccine. The flu vaccine is safe, and recommended for everyone six months and older, including pregnant women.

Flu vaccines can vary in effectiveness from season to season, but they continue to be the best way to prevent influenza infection and serious influenza complications. To locate a flu shot near you, contact your health care provider or use DOH's flu shot locator:

www.flhealth.gov/findaflushot

If you become ill with flu-like symptoms, contact your health care provider as soon as possible. Your health care provider can prescribe antiviral treatment if appropriate. Treatment is most effective when started within 48 hours, so calling as soon as you become ill is important, especially if you or your loved one is at a higher risk for complications: children younger than 5, adults over the age of 65, pregnant women, and those with underlying medical conditions.

Stay home from work and keep children home from school or daycare when sick to help prevent spreading the flu to others. You should be fever-free for 24 hours without fever-reducing medication. It is also essential to practice good hygiene by [properly and frequently washing your hands](#). 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.

Visit FluFreeFlorida.com for more information on how you can be a part of #FluFreeFlorida. Visit www.floridahealth.gov/floridaflu for more information on influenza and influenza-like illness in Florida.

About the Florida Department of Health

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