

Oct. 14, 2018

JOIN FLU FREE FLORIDA BY GETTING YOUR FLU SHOT THIS FALL



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DOH-Bay's Administrator, Douglas M. Kent, MPH, receives his flu shot.

Panama City, Fla.—The Florida Department of Health in Bay is reminding all Floridians to get their flu shot before the height of the upcoming flu season. According to the Centers for Disease Control and Prevention (CDC), last year's record-breaking flu season resulted in 80,000 deaths in the United States, which is the highest number of deaths from the flu in over three decades. Protect yourself and those you love this season by getting by getting your flu shot soon.

“Protecting our community members many of whom are exceptionally vulnerable to adverse outcomes from the flu is top priority. Research clearly shows that flu vaccinations vastly increase mass immunity. There is also a proven correlation of flu outbreaks directly linked to low vaccination rates,” said Florida Department of Health in Bay County’s Administrator Douglas M. Kent, MPH. “Getting the flu vaccine is important to protect ourselves, family, children, immune-suppressed patients, and the population at-risk.”

The flu vaccine is recommended for everyone six months and older, including pregnant women. It can take up to two weeks after vaccination for your body to develop protection against the flu. The CDC recommend getting your flu vaccine every year as the first and most important step in protecting against influenza and its potentially serious complications. There are many different flu vaccine options this season, which include high dose and adjuvanted vaccine for adults aged 65 years and older.

CDC recommends getting a flu vaccine every year because flu viruses evolve quickly, and last year’s vaccine may not protect against the current year’s flu strain. Even if the flu vaccine does not fully protect against the flu, it may reduce the severity of symptoms and the risk of complications.

Getting vaccinated if you are healthy helps to protect our most vulnerable populations. People at higher risk for flu-related complications include children less than 5, adults over the age of 65, people with compromised immune systems, pregnant women and people who have existing medical conditions, such as asthma and obesity.

DOH-Bay is offering flu vaccines children ages 6 months to 18 years of age at no charge through the Vaccines For Children program. The Health Department also offers adult flu vaccine and pneumonia vaccine. There is a fee for this service. Vaccines are available Monday through Friday, from 8 a.m. until 4 p.m. No appointment is necessary.

DOH-Bay administered flu shots to nearly 40 employees at the State Attorney’s Office Thursday morning, including State Attorney Glenn Hess. We are proud of our community leaders who step up to protect themselves and those around them from the flu. DOH-Bay partners with local organizations to administer flu vaccines to their employees at their location. To learn more about partnering for prevention and health promotion, 850-872-4455.

Visit FluFreeFlorida.com for more information on how to be a part of #FluFreeFL. For more information on influenza and influenza-like illness in Florida, please visit www.floridahealth.gov/floridaflu.

About the Florida Department of Health

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