

Dec. 5, 2014



Sarasota County

Stay Healthy During the Holidays and in the New Year

Be Proactive, Prepared and Protected - Easy, Low-tech Tips and Vaccine Reminders

SARASOTA COUNTY — Local health officials remind everyone to take steps to stay healthy whether your plans are to stay home or travel by car, bus, plane or train during the holidays and in the new year. Be Proactive, Prepared and Protected.

From children's toys to smart phones, computer keyboards, tablet devices, and remote controls to doorknobs, money and food, harmful bacteria and viruses can live anywhere.

Be Proactive by practicing these easy, low-tech ways to stay healthy:

- Hand washing is a great defense against colds, respiratory flu, and diarrheal illnesses including norovirus. Wash hands often with soap and water. When a water-source is not available, use an alcohol-based hand cleaner. For resource information, visit www.cleanhandscampaign.com
- Cover coughs and sneezes with your elbow or a tissue, or the inside of your elbow, not your bare hand. Dispose of used tissues, and wash hands.
- Wipe down frequently touched surfaces with a chloride solution or for computers and mobile devices, use a manufacturer-approved disinfectant.
- Keep a safe distance (at least six feet) from people who are sneezing and coughing.
- Maintain a healthy lifestyle by drinking plenty of water, eating a balanced diet, making time for daily physical activity, and getting plenty of rest and sleep.
- Stay home when sick, and keep sick children home until free of fever for at least 24-hours (without the use of fever-reducing medicine).

Be Prepared by taking time to review your health and vaccination records.

- Check with your health care provider about routine vaccinations that you may need for general wellness. Here are the [CDC recommended vaccinations](#) for adults. Check with your pediatrician regarding the vaccines which will keep your children safe and well.
- If you are planning to travel overseas, the Florida Department of Health in Sarasota County (DOH-Sarasota) Travelers Health Clinic can provide you with the vaccines recommended for your destination. Please call at least six weeks before your departure.

Be Protected by getting recommended vaccines to remain healthy.

Vaccines offer safe and effective protection against influenza (flu), pneumonia, tetanus, pertussis (or whooping cough) and many other vaccine-preventable diseases.

- The flu vaccine is your best defense against flu viruses. Immunity occurs within two weeks of getting vaccinated. If you have not already gotten your annual flu vaccine, now is the time to get one.
- Pregnant women should discuss their vaccine needs with their prenatal care provider. The CDC recommends that pregnant women receive a dose of Tdap (tetanus, diphtheria and pertussis) with each pregnancy, preferably in the second or third trimester. This helps in providing pertussis immunity to infants too young to receive the vaccine.
- Before visiting your new grandchild, make sure you get a TDaP (protects against pertussis or whooping cough) and a flu shot in order to protect them while they are too young to get the vaccine. Four out of five of the babies who got whooping cough caught it from someone in their home, such as a parent, sister, brother, grandparent or babysitter.
- There are two pneumonia vaccines is recommended for those who have the following conditions: asthma, lung diseases or are a smoker, diabetes, heart, liver, kidney or sickle cell disease, alcoholism, organ or bone marrow transplant, or a suppressed immune system.
- Since immunity from some vaccines, such as TD/TDaP and the flu, tends to wane over time, additional vaccine doses may be necessary to provide adequate protection and avoid complications from those illnesses, which in rare instances can cause serious respiratory distress and even death.



Mother-To-Be and Epidemiologist getting flu vaccine

Immunizations for children, adults and travel are available at the Florida Department of Health in Sarasota County (Monday-Friday):

William L. Little Health & Human Services Center
2200 Ringling Blvd., Sarasota
Please call for hours – Walk in service is available, appointments are encouraged
941-861-2900

North Port Health Center
6950 Outreach Way, North Port
Please call for hours – Walk-in service is available, appointments are encouraged
941-861-3864

DOH-Sarasota website: www.sarasotahealth.org
CDC website: www.cdc.gov/immunizations.

MEDIA NOTES:

DOH-Sarasota Media Contact:

Dianne Shipley, 941-861-2852; cell 941-302-1058; DOHSarasotaNews@FLHealth.gov
Website: www.sarasotahealth.org

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