



Health and Human Services MEDIA RELEASE



FOR IMMEDIATE RELEASE

Oct. 6, 2016

Protect yourself and others from flu

Get your flu vaccine early in the flu season

SARASOTA, FL — The Florida Department of Health in Sarasota County (DOH-Sarasota) encourages everyone over six months of age, including pregnant women, to get a flu vaccine early in the flu season as the best defense against seasonal flu.

Pregnant women are at risk of miscarriage, hospitalization and even death if they get the flu. Health care providers, children under age 5, those living with chronic health conditions, and healthy people should also get vaccinated.

“The flu vaccine cannot give you the flu. Only one dose of vaccine is needed for most people. You can expect to have immunity within two weeks of vaccination. The protection you get from the vaccine will continue throughout the flu season,” says Dr. William Heymann, Medical Director for the Florida Department of Health in Sarasota County.

In addition to getting a flu shot, follow these everyday preventive actions to stop the spread of germs:

1. Wash your hands often with soap and water or an alcohol-based hand cleaner.
2. Cough in your arm, not your bare hands.
3. Stay at home when you are sick.

For more information about flu and flu vaccines, visit www.sarasotahealth.org or call the DOH-Sarasota Flu Information Line: 941-861-2800. Visit the Find a Flu Shot locator: <http://flushot.healthmap.org/>.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health please visit www.FloridaHealth.gov. For more information, visit www.sarasotahealth.org or call 941-861-2900.

Sarasota County prohibits discrimination in all services, programs or activities.
View the complete policy at www.scgov.net/ADA/Pages/default.aspx



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