



Jeb Bush
Governor

M. Rony François, M.D., M.S.P.H., Ph.D.
Secretary

FOR IMMEDIATE RELEASE

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DOH REMINDS FLORIDIANS OF THE IMPORTANCE OF STAYING HEALTHY THIS FLU SEASON

TALLAHASSEE— As our flu season continues, we have started to see some localized flu activity in the State. The Florida Department of Health (DOH) reminds Floridians of the importance of staying healthy this season by seeking a flu shot and practicing healthy habits.

“With the holidays quickly approaching and family gatherings being planned, it’s important that each of us takes precautions in order to protect ourselves and our loved ones from influenza,” said Secretary of Health M. Rony François, M.D., M.S.P.H., Ph.D. “Practicing healthy habits and getting a flu shot play important roles in staying healthy. Contact your primary care physician today and discuss getting a flu shot for yourself and your family.”

With vaccine continuing to make its way into the State, it is imperative to remain aware of flu vaccine opportunities throughout your community, whether through your physician or community clinics.

Annual influenza vaccination is recommended for the following groups:

- Persons at high risk for influenza-related complications and severe disease, including
 - children aged 6--59 months
 - pregnant women
 - persons 50 years or older
 - persons of any age with certain chronic medical conditions
- Persons who live with, or care for, persons at high risk.
- Health-care workers

In addition to receiving a flu shot, DOH recommends the following practices to help in staying healthy this season:

- Wash your hands often with soap and water or an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth.
- Do not share eating utensils, drinking glasses, towels or other personal items.
- Stay home when you’re sick and keep sick children home.
- Avoid close contact with people who are sick, if possible.
- Avoid crowds and areas where people congregate and are likely to be sneezing and coughing.
- Make sure you’re eating properly and getting enough rest.



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For information about how to schedule a flu vaccination, contact your private physician or personal health care provider. For more information on Flu and Flu vaccination, visit the DOH Web site at http://www.doh.state.fl.us/disease_ctrl/immune/flu/index.htm or www.cdc.gov/flu. To find a flu vaccine clinic in your community, visit http://www.doh.state.fl.us/disease_ctrl/immune/flu/flu_locator.htm.

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