

October 20, 2017

## KEEP VACCINE BETWEEN YOU AND FLU THIS SEASON

**Contact:**

Mirna Chamorro

[mirna.chamorro@flhealth.gov](mailto:mirna.chamorro@flhealth.gov)

(407) 665-3374



**Sanford, Fla.** — The Florida Department of Health in Seminole County encourages all Floridians to keep vaccine between you and disease by getting a flu shot this 2017 flu season. Floridians should get the flu vaccine to protect against infection and help prevent the spread of seasonal flu to others. It has never been easier, and it's never too late to get your flu shot!

“Getting a flu shot each year provides protection to you and your loved ones, especially babies in their first 6 months of life. Vaccines are not approved for babies from newborn to six months, therefore, it is very important for parents, grandparents, and babysitters to get vaccinated to protect these babies from getting the flu,” said Donna Walsh, health officer for the Florida Department of Health in Seminole County.

The flu vaccine is recommended for everyone six months and older, including pregnant women. It takes about two weeks after vaccination for your body to develop protection against the flu. The Centers for Disease Control and Prevention recommends people get injectable flu shots. Nasal spray vaccine is not recommended for this flu season due to concerns regarding its effectiveness.

It is also essential to practice good hygiene by [properly and frequently washing your hands](#) to help prevent the spread of seasonal flu. 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.

Flu shots for children and adults are available at the Florida Department of Health in Seminole County, Sanford location at 400 West Airport Boulevard by appointment Monday through Thursday 8:00 am to 4:00 pm, except for the 2<sup>nd</sup> Thursday of each month, when services are available from 8:00 am to 11:30am, and Fridays from 8:00am to 12:00pm. Flu shots are also provided at the Casselberry location, 132 Sausalito Boulevard, every Thursday from 8:00am to 4:00pm, except the 2<sup>nd</sup> Thursday of the month. Flu shots are free for children 6 months through 18 years of age. For more information on immunizations visit [www.seminolecohealth.com](http://www.seminolecohealth.com).

Receiving your flu vaccination if you are healthy helps to prevent illness in our most vulnerable populations. People at higher risk for flu-related complications include children ages newborn to five, adults over the age of 65, pregnant women and people who have existing medical conditions such as asthma.

Check with your physician or use our [Flu Shot Locator](#) to schedule your flu vaccine. Visit [FluFreeFlorida.com](http://FluFreeFlorida.com) for more information on how you can be a part of #FluFreeFL.

### **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 [Facebook](#), [Instagram](#) and Twitter at [@HealthyFla](#). For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).