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KEEP VACCINE BETWEEN YOU AND FLU THIS SEASON



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St. Lucie County, FL — With the 2017-2018 flu season in full swing and influenza activity increasing across the state and the nation it is critical that all Floridians get the flu vaccine to protect against infection and help prevent the spread of seasonal flu to others. It is never too late to get your flu shot. While most cases of flu are mild, there are exceptions.

“The most important step in preventing flu is to get a flu vaccination, coupled with prevention. If you are sick, stay home, a major concern during this time of year, staying away from people who are sick and covering your cough is most important,” said Clint Sperber, Health Officer for the Department of Health in St. Lucie County.

Flu activity is on the rise in Florida, particularly in groups at high risk for severe illness such as children, pregnant women, people with underlying chronic conditions and people over the age of 65. Visits to emergency departments for influenza are also increasing in these high-risk groups. The department continues to urge residents to reduce their risk of severe illness from infection by getting vaccinated against influenza. This is especially important for individuals at high-risk for severe illness.

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.

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 for more information on how you can be a part of #FluFreeFL.

For further information regarding influenza surveillance information, messaging and guidance, visit the influenza homepage at <http://www.floridahealth.gov/floridaflu>.

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.

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