

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

Celeste Philip, MD, MPH
State Surgeon General

Vision: To be the **Healthiest State** in the Nation

January 11, 2018

AS FLU ACTIVITY INCREASES, IT'S NOT TOO LATE TO GET YOUR FLU SHOT

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Apalachicola, Fla and Port St. Joe, Fla — As flu season is well underway with steady and sharp increases in activity over the past several weeks, the Florida Department of Health in Franklin and Gulf Counties (FDOH-Franklin/Gulf) encourages everyone to protect against flu by getting a flu shot.

Getting your flu shot can reduce flu illnesses, doctor visits, missed work and school due to flu, as well as prevent flu-related hospitalizations. Receiving your flu vaccination, if you are healthy, helps to prevent illness in our most vulnerable populations as well.

“Flu vaccines are available by appointment at all Gulf and Franklin health department locations,” said Marsha Lindeman, Administrator of the Florida Department of Health in Gulf and Franklin Counties. “We encourage you to take this simple step to protect yourself and others from this potentially serious illness. For appointments in Apalachicola or Carrabelle please call (850) 653-2111. For appointments in Port St. Joe or Wewahitchka please call (850) 227-1276. Call today to schedule your appointment!”

It takes about two weeks after vaccination for your body to develop protection against the flu. Although flu vaccines can vary in effectiveness from season to season, they continue to be the best way to prevent influenza infection and serious influenza complications.

People at higher risk for flu-related complications include children from birth to age 5, adults over the age of 65, pregnant women and people who have existing medical conditions such as asthma.

Protect Yourself and Others Against Flu

- Get the flu shot. To locate a flu shot near you, contact your physician, your local county health department or use the Florida Department of Health's flu shot locator: www.floridahealth.gov/findaflushot.
- Practice good hygiene by properly and frequently washing your hands to help prevent the spread of seasonal flu;

Florida Department of Health in Gulf County

2475 Garrison Avenue • Port St. Joe, Florida 32456
PHONE: 850-227-1276 • FAX 850-227-7587

Florida Department of Health in Franklin County

139-12th Street • Apalachicola, Florida 32320
PHONE: 850-653-2111 • FAX 850-653-1727

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- Clean and disinfect commonly used surfaces in your home, school or office; and
- Stay home from work or school if you are sick. Take additional steps to ward off the flu by coughing or sneezing into a tissue or your elbow and avoiding touching your face.
- If you are sick, call your primary care physician for evaluation and treatment.
- In most situations, flu can be handled at home especially after consultation with your primary care physician. This prevents overloading acute care facilities, including emergency departments.

For the most current information about flu activity in Florida, please see [Florida's weekly surveillance report, the Florida Flu Review](#).

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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