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FLORIDA HEALTH IN FRANKLIN ENCOURAGES RESIDENTS TO STAY FLU FREE THIS SEASON BY GETTING THE FLU SHOT



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Apalachicola, FL - Cooler weather and shorter days mark the transition from summer to fall and it's also a sign that flu season is here. It is critical that all Floridians do their part to prevent getting seasonal flu and spreading it to others by getting the flu vaccine as early as possible. Flu strains change from year to year so it is important to get the flu shot this year even if you got one last year.

"Flu vaccines are available by appointment at the Apalachicola and Carrabelle health department locations," said Marsha Lindeman, Administrator of the Florida Department of Health in Franklin and Gulf Counties. "We encourage you to take this simple step to protect yourself and others from this potentially serious illness. Call today to schedule your appointment in our Apalachicola and Carrabelle locations at 850-653-2111"

The annual flu vaccine is safe and remains the most effective way to protect yourself and your loved ones. 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 so get your flu shot early, preferably before Halloween. This year, the Centers for Disease Control and Prevention only recommends people get injectable flu shots. Nasal spray vaccine is not recommended for this flu season because of concerns about its effectiveness.

In addition to protecting yourself, receiving the flu vaccine helps prevent the flu virus from spreading to our most vulnerable populations, including older adults, pregnant women, children ages newborn to five and people who have existing medical conditions like asthma.

Each year, the DOH-Franklin School Health Team partners with the Franklin County School District to kick off a flu vaccination campaign. The campaign provides seasonal flu vaccinations to students and staff during regular school hours at each school location.

It is also essential to practice good hygiene by properly and frequently wash 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.

Remember to get your #VaccineBeforeHalloween and help keep Florida #FluFree this season by getting you and your loved ones vaccinated against the flu. For more information about the flu and where you can get the flu shot this year, please visit www.FluFreeFlorida.com. To watch a 30 second video about how to keep vaccine between you and disease, please click [here](#).

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