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JOIN FLU FREE FLORIDA BY GETTING YOUR FLU SHOT THIS FALL

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Fort Lauderdale, Fla.—The Florida Department of Health in Broward County is reminding all Floridians to get their flu shot before the height of the upcoming flu season. According to the Centers for Disease Control and Prevention (CDC), last year's record-breaking flu season resulted in 80,000 deaths in the United States, which is the highest number of deaths from the flu in over three decades. Protect yourself and those you love this season by getting your flu shot soon.

"Get your flu shot today to protect yourself and your family. If you develop flu-like symptoms, remember to contact your health care provider immediately so you can receive antiviral medication if necessary." said Dr. Paula Thaqi, Director of the Florida Department of Health in Broward County.

The flu vaccine is recommended for everyone six months and older, including pregnant women. It can take up to two weeks after vaccination for your body to develop protection against the flu. The CDC recommend getting your flu vaccine every year as the first and most important step in protecting against influenza and its potentially serious complications. There are many different flu vaccine options this season, which include high dose and adjuvanted vaccine for adults aged 65 years and older.

CDC recommends getting a flu vaccine every year because flu viruses evolve quickly, and last year's vaccine may not protect against the current year's flu strain. Even if the flu vaccine does not fully protect against the flu, it may reduce the severity of symptoms and the risk of complications.

Getting vaccinated if you are healthy helps to protect our most vulnerable populations. People at higher risk for flu-related complications include children less than 5, adults over the age of 65, people with compromised immune systems, pregnant women and people who have existing medical conditions, such as asthma and obesity.

Visit FluFreeFlorida.com for more information on how to be a part of #FluFreeFL. For more information on influenza and influenza-like illness in Florida, please visit 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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