

**Mission:**

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



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

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

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## FLU SEASON IS HERE

*Take precautions now to stay healthy – Get the vaccine before Halloween*

(Martin County, FL) – The Florida Department of Health in Martin County is urging residents to get vaccinated against the flu and use prevention methods to stop the spread of the virus this season.

“Getting a flu shot is the best way to protect yourself and your family members from the flu. Fortunately, the vaccine is readily available in our community.” said Karlette Peck, Health Officer for the Florida Department of Health in Martin County.

Seasonal flu is a contagious respiratory disease caused by flu viruses. Symptoms of the flu include headache, fever, severe cough, runny nose or body aches.

### Practice Prevention:

- Get vaccinated against the flu. It’s recommended that everyone over the age of six months get vaccinated.
- Wash your hands often with soap and water, If soap and water is not available, use an alcohol based hand sanitizer.
- Cover your cough and sneeze. Cough and sneeze into your sleeve or a tissue. Throw the tissue into the trash after you use it.
- Stay home when you are sick and avoid close contact with people who are sick.
- If you experience flu-like illness, contact your primary care physician.

For more information about the flu or to find flu vaccine providers in your area, log on to [www.MartinCountyHealth.com](http://www.MartinCountyHealth.com) and click on the Epidemiology link.

DOH protects, promotes and improves the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at @HealthyFla and on Facebook. For news story ideas, interviews, videos and more from DOH Communications visit the DOH Online Newsroom at <http://newsroom.doh.state.fl.us/>.

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