



Rick Scott
Governor

H. Frank Farmer, Jr., MD, PhD, FACP
State Surgeon General

FOR IMMEDIATE RELEASE:
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MEDIA CONTACT:
Julia Ruschmann
872-4455 ext 1369
Sandon Speedling
872-4455 ext. 1110

SEASONAL FLU VACCINE AVAILABLE AT BAY COUNTY HEALTH DEPARTMENT

Bay County - The Bay County Health Department will begin its Seasonal Flu Vaccine campaign Tuesday, September 6, 2011 and will last until the vaccine is used. This year's event will be held from 7:30am-3:30pm Monday through Friday at the Bay County Health Department Clinic at 597 W. 11th Street, Panama City. Services will be provided on a walk-in first come, first served basis with no appointments needed.

The Centers for Disease Control and Prevention recommends that everyone 6 months and older get vaccinated. Flu seasons are unpredictable and can start early or run late. The flu vaccine provides protection that lasts through a full flu season. This year the vaccine will protect against three viruses, including the H1N1 strain.

The cost for the regular flu vaccine is \$29. A high dose flu vaccine specifically for individuals 65 years and older is also available at a cost of \$42. Cash, check, Visa, MasterCard and Medicare are accepted.

The Centers for Disease Control recommends a three-step approach to protect against the flu:

1. Take time to get a flu vaccine.
2. Take everyday preventive actions to stop the spread of germs (including frequent hand washing and staying home when sick) and
3. Take flu antiviral drugs when your doctor prescribes them.

For more information, go to:

The Centers for Disease Control and Prevention website: <http://www.flu.gov>

The Bay County Health Department website: <http://www.baycountyhealth.org>

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