



Rick Scott
Governor

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

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MEDIA CONTACT:
Julia Ruschmann
872-4455 ext 1369
Sandon Speedling, ext. 1110

PROTECT YOURSELF – GET VACCINATED

Bay County – The Bay County Health Department urges residents and visitors to get their flu shot now to provide the best protection. Each year, the flu is responsible for more than 36,000 deaths and more than 114,000 hospitalizations in the U.S., according to the Centers for Disease Control and Prevention (CDC). Influenza, more commonly called the “flu,” is an infection of the respiratory tract caused by the influenza virus. Compared with most other viral respiratory infections, such as the common cold, influenza infection often causes a more severe illness. Flu seasons are unpredictable and can start early or run late.

The public is invited to come to the health department anytime between 7:30am-3:30pm Monday through Friday to get the vaccine. Services will be provided on a walk-in first come, first served basis with no appointments needed. 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.

“It’s not too late for people to protect themselves and their families by getting vaccinated and practicing good hygiene habits daily,” Sandon Speedling, Bay County Health Department Clinic Manager said. “With the holidays approaching and many people traveling, these simple preventive measures may lessen your risk of exposure to the virus or its transmission to others.”

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- Get re-vaccinated EVERY YEAR because flu viruses change each year!

Be sure to watch for symptoms of the flu, such as headache, fever, a severe cough, runny nose or body aches. Contact your healthcare provider or local hospital immediately if symptoms appear.

For more information, visit:

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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