

February 14, 2017

## FLORIDA DEPARTMENT OF HEALTH IN INDIAN RIVER COUNTY OFFERS FLU CLINICS

Thursday, February 16<sup>th</sup> and Friday, February 17<sup>th</sup>



### Contact:

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**Indian River County, Fla.**— Influenza activity has sharply increased in our community in the last week. Young children, those over the age of 65, and people with chronic medical conditions are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year. Florida Department of Health in Indian River County is offering flu vaccination clinics at both of our clinic locations on February 16<sup>th</sup> and the 17<sup>th</sup>. Flu shots will be offered free of charge to qualifying adults and children.

“The best way to protect yourself, your family, and your community is through vaccination”, said Miranda Hawker, Florida Department of Health in Indian River Administrator. “Please get your flu shot today.”

No appointment is necessary for the flu clinic. The flu vaccine will be offered on Thursday, February 16<sup>th</sup> from 10:00AM to 7:00PM and on Friday, February 17<sup>th</sup> from 8:00AM to 5:00PM. The flu vaccine will be available at both of our clinics located at the Gifford Health Center, 4675 28<sup>th</sup> Court, Gifford, across from Gifford Middle School and the Main Clinic, 1900 27<sup>th</sup> Street, Vero Beach. Children must be accompanied by a parent or qualifying family member.

The Florida Department of Health in Indian River County urges the following preventive steps for the flu:

- Cover your nose and mouth with a tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze in your elbow.
- 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. (Your fever should be gone without the use of a fever-reducing medicine.)
- Get re-vaccinated EVERY YEAR because strains of flu viruses change each year.

For further information regarding the flu clinics, please call 772-794-7486.

### 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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