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PINELLAS COUNTY HEALTH DEPARTMENT

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FOR IMMEDIATE RELEASE

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Information for Those Seeking Flu Shot in Pinellas County

PINELLAS COUNTY – Today, the Pinellas County Health Department (PCHD) is announcing that the adult flu vaccine distributed to the five PCHD health centers earlier this week has been depleted. Adult flu shots are not available at any PCHD health centers at this time. A shipment of more adult flu vaccine is expected within the next week, and flu shots are expected to resume at that time.

The Pinellas County Health Department has established a flu shot hotline to provide information on flu shot availability within the PCHD. To reach the flu shot hotline, call the health department's main phone number at **727-824-6900 and then press "2"** to be connected to the hotline. Individuals are encouraged to monitor the flu line for information on any new shipments of flu vaccine and on the status of flu shots available at the health department.

If you have not yet received a flu shot, here are some suggestions:

- Check with your healthcare provider to see if you can get a flu shot there.
- Stay in touch with the local media for announcements of flu shot availability.

To stay healthy all year, here are healthy habits everyone can always use to help protect themselves against the flu and the spread of germs:

- Get in the habit of washing your hands frequently with soap and water or alcohol-based hand cleaner;
- Avoid touching your eyes, nose or mouth;
- If possible, avoid close contact with people who are sick;
- Stay at home when you are sick, and do not send your children to school when they are sick;
- Do not share eating utensils, drinking glasses, towels or other personal items – even with members of your family;
- Cover your nose and mouth with a tissue every time you sneeze or cough, then throw away the used tissue. If you are unable to use a tissue, cover your cough with your sleeve; *and*
- Remind children to practice healthy habits, too!

For more information about influenza and ways to protect yourself, the community and the people most important to you, please visit the U.S. Centers for Disease Control & Prevention website at www.cdc.gov/flu.

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The mission of the Pinellas County Health Department is to promote, protect and improve the health and safety of residents and visitors through public and private community efforts. www.PinellasHealth.com