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PINELLAS COUNTY HEALTH DEPARTMENT

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Public Health
Prevent. Promote. Protect.

FOR IMMEDIATE RELEASE

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FLU SEASON DOESN'T HAVE TO CATCH YOU UNPREPARED

September means back-to-school events and Labor Day, but this year it can also signal the need to protect you and your family from influenza.

Flu vaccinations are available now in many locations throughout Pinellas. Although many people think of October, November and December as the best months for their annual vaccine, early protection is always a good idea. The flu vaccine takes about two weeks to build immunity.

This year's flu vaccine protects against H1N1, which required a separate shot last season. For adults 65 and older, there's a new high-dose version of the vaccine.

For the first time, the Centers for Disease Control and Prevention (CDC) is recommending that everyone six months and older get vaccinated, not just senior citizens or people with underlying health conditions. Since there's no vaccine for babies younger than six months, it's very important that the family and caregivers be vaccinated.

Contact your health-care provider to receive your annual vaccine or visit any of the five Pinellas County Health Department centers. Supplies may vary, so call first.

- St. Petersburg: 205 Dr. ML King Jr. St. N. (727) 824-6900
- Largo: 12420 130th Ave. N. (727) 588-4040
- Pinellas Park: 6350 76th Ave. N. (727) 547-7780
- Clearwater: 310 Myrtle Ave. (727) 469-5800
- Tarpon Springs: 301 S. Disston Ave. (727) 942-5457

Flu vaccines are \$25 for adults; the high-dose version for seniors is \$40. Children's vaccines are free to the age of 18. Adult vaccines may be covered by insurance; Medicare covers the high-dose version for seniors.

For information about the Pinellas County Health Department, go to www.pinellashealth.com or call (727) 824-6900.

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