



Rick Scott
Governor

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

September 23, 2011

FOR IMMEDIATE RELEASE



Public Health
Prevent. Promote. Protect.

Contact: Maggie Hall, Public Information Director
Pinellas County Health Department
(727) 824-6908 (media only)
Margarita_Hall@doh.state.fl.us

FLU SEASON DOESN'T HAVE TO CATCH YOU UNPREPARED

September means back-to-school events and the arrival of cooler weather, but this year it's also a month to think about protecting yourself 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. For adults 65 and older, there's a high-dose version of the vaccine.

The Centers for Disease Control and Prevention (CDC) recommends 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 N. Myrtle Ave. (727) 469-5800
- Tarpon Springs: 301 S. Disston Ave. (727) 942-5457

Flu vaccines are \$20 for adults; the high-dose version for seniors is \$35. 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.

-end-