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JOIN FLU FREE FLORIDA BY GETTING YOUR FLU SHOT THIS FALL “WINDOWS DOWN, SLEEVES UP”

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Fernandina Beach, Fla.—The Florida Department of Health in Nassau is reminding all Floridians to get their flu shot before the height of the upcoming flu season. According to the Centers for Disease Control and Prevention (CDC), last year's record-breaking flu season resulted in 80,000 deaths in the United States, which is the highest number of deaths from the flu in over three decades. Protect yourself and those you love this season by getting by getting your flu shot soon.

According to Eugenia Ngo-Seidel, MD, County Health Department Director, “It’s not too late to get a flu vaccine and with holiday get-togethers coming up, this is a good gift to get so you can protect yourself and others”

CDC recommends getting a flu vaccine every year because flu viruses evolve quickly, and last year's vaccine may not protect against the current year's flu strain. Even if the flu vaccine does not fully protect against the flu, it may reduce the severity of symptoms and the risk of complications.

Getting vaccinated if you are healthy helps to protect our most vulnerable populations. People at higher risk for flu-related complications include children less than 5, adults over the age of 65, people with compromised immune systems, pregnant women and people who have existing medical conditions, such as asthma and obesity.

The Florida Department of Health in Nassau County (DOH- Nassau) is pleased to announce that November 30th 2018, from 09:30 am to 11:30 am we will be offering Free Flu vaccinations for the first 300 people, however all participants must be over the age of 13. The location for the event will be the Journey Church at 95707 Amelia Concourse, Fernandina Beach, FL 32034.

This event will be a Drive thru POD (Point of Dispensing), which will be the first of its kind held in Nassau County. This vehicle based system will allow a much more streamlined approach to POD Operations and train Health Department staff in rapid administration of a countermeasure for potential outbreak scenario. With a Drive thru POD, patients drive to the site, and while sitting in their vehicle, they receive informed consent, have a brief history taken (this is to prevent contraindications), and then receive an immunization (or medication) without ever leaving their vehicle. This is a model well suited to addressing a contagious disease as it limits contact with others.

Visit FluFreeFlorida.com for more information on how to be a part of #FluFreeFL. For more information on influenza and influenza-like illness in Florida, please visit www.floridahealth.gov/floridaflu.

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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