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Precautions Urged to Limit Risk of Seasonal Flu

Get your Flu Shot before Halloween



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WALTON COUNTY— The Florida Department of Health in Walton County (DOH-Walton) urge residents and visitors to take precautions to limit their risk of exposure to seasonal flu, an infection of the respiratory tract caused by the influenza virus. Compared with most other viral respiratory infections, such as the common cold, influenza infection often causes a more severe illness.

“The most effective precautions we can take to fight the flu are getting vaccinated and practicing good hygiene habits like washing hands often,” said DOH-Walton County Administrator Holly Holt. “These simple precautions lessen your risk of exposure of the virus or transmission to others.”

Be sure to watch for symptoms of the flu, such as headache, fever, a severe cough, runny nose or body aches. Contact your primary care physician if symptoms appear.

The department encourages the following steps to avoid catching or spreading the flu:

- Get revaccinated every year because strains of flu viruses change each year;
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you do not have a tissue, cough and sneeze into your elbow to reduce spreading of germs;
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer;
- Avoid touching your eyes, nose and mouth;
- Try to avoid close contact with people who are showing symptoms of illness;
- If you are sick with flu-like illness, stay home for at least 24 to 48 hours after your fever is gone, without the use of fever-reducing medicine, except to get medical care or for other necessities; and
- If you are pregnant or have chronic illnesses such as diabetes, heart disease, or cancer you may be at an increased risk for more severe influenza and complications. Contact your healthcare professional as soon as symptoms appear.

Flu vaccines are offered in many locations, including doctor’s offices, clinics, health departments, retail stores, pharmacies, health centers and by many employers. Check

with your physician or visit <http://www.floridahealth.gov/prevention-safety-and-wellness/flu-prevention/locate-a-flu-shot.html> to search for a location to receive a flu vaccine.

For more information or to schedule an appointment, call DOH-Walton and Walton Community Health Center at (850) 892-8015 or visit the website at <http://www.floridahealth.gov/chdwalton/index.html>.

For more information about flu prevention, visit <http://www.floridahealth.gov/prevention-safety-and-wellness/flu-prevention/index.html> or <http://www.cdc.gov/flu>, or call CDC at 1-800-CDC-INFO (800-232-4636).

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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