

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

Date: Wednesday, October 15, 2014

Media contact: Paul Butler –Public Information Officer

Office: (352) 589-6424 **Cell:** After Hours Call In Number: (352) 728-7662

E-mail: paul.butler@flhealth.gov

The Florida Department of Health in Lake County to Offer Senior Flu Shots

Lake County – The Florida Department of Health in Lake County will be offering flu shots to Seniors at the below clinical sites on Thursday, October 23rd from 1:30 – 4:00 PM. The shots will be available as long as supplies last. There is no charge for the flu shot with a **valid Medicare Part B card** and the cost without a card is \$25.00. The flu vaccine will be offered either by appointment or on a walk in basis at the sites indicated below:

Umatilla Health Center
240 East Collins Street
Leesburg, FL 32784
(352) 771-5000

Leesburg Health Center
2113 Griffin Road
Leesburg, FL 34748
(352) 360-6548

Influenza, or flu, is a respiratory infection caused by a variety of flu viruses and estimates are that between 15% and 40% of the population will develop illness from influenza each year. An average of 36,000 people per year in the United States die from influenza, and 114,000 per year have to be admitted to the hospital as a result of influenza infection. Anyone can get the flu (even healthy people), and serious problems from influenza can happen at any age. People age 65 years and older, people of any age with chronic medical conditions, and very young children are more likely to get complications from influenza.

Some signs and symptoms of the flu are:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)

In addition to vaccination, the probability of contracting respiratory infections can be reduced by following a few simple steps:

- Clean hands often with soap and after, or an alcohol-based hand cleaner
- Avoid touching your eyes, nose or mouth
- Stay home when you are sick and keep children home
- Avoid close contact with people who are ill, if possible
- Do not share eating utensils, drinking glasses, towels or other personal items
- Cover your nose and mouth with a tissue when you cough or sneeze

To schedule an appointment please contact **(352) 771-5000 for the Umatilla Health Center** and **(352) 360-6548 for the Leesburg Health Center**.

###