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## JOIN FLU FREE FLORIDA BY GETTING YOUR FLU SHOT THIS FALL



### Contact:

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**Lee County, Fla.**—The Florida Department of Health in Lee County 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.

The CDC recommends getting your flu vaccine every year as the first and most important step in protecting against influenza and its potentially serious complications. Flu viruses evolve quickly, and last year's vaccine may not protect against the current year's flu strain.

The flu vaccine is recommended for everyone six months and older, including pregnant women. There are many different flu vaccine options this season, which include high dose and adjuvanted vaccine for adults aged 65 years and older. It can take up to two weeks after vaccination for your body to develop protection against the flu. 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 under the age of 5, adults over the age of 65, people with compromised immune systems, pregnant women, and people who have existing medical conditions such as asthma or obesity.

Protect yourself and those you love this season by getting your flu shot soon. In Lee County, call 239-461-6100 to schedule your flu shot.

Visit [FluFreeFlorida.com](http://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](http://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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