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DOH-COLLIER URGES VACCINATION AS BEST DEFENSE AGAINST INFLUENZA



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Naples, Fla. — The Florida Department of Health in Collier County (DOH-Collier) is reminding residents and visitors that now is the time to get your flu vaccine. In light of the COVID-19 pandemic, it is more important now than ever to receive the flu vaccine. Evidence clearly shows that a flu vaccine can reduce the severity of the flu and prevent hospitalizations. This is a critical consideration while healthcare systems continue to combat COVID-19. It is imperative for individuals to get vaccinated as soon as possible to build immunity against the flu.

The Centers for Disease Control and Prevention (CDC) recommends receiving your flu vaccine by the end of October for those six months and older. It is important to receive the flu vaccine every year as flu strains change yearly and the vaccine from last year may not protect you from the prevalent strains this year. The flu vaccine helps to protect our most vulnerable populations who are at a higher risk of flu-related complications. Populations more vulnerable to the flu include children under 5, adults over the age of 65, and individuals with weakened immune systems or chronic illness.

DOH-Collier offers flu vaccines at no cost for children 6 months through 18 years of age with no appointment necessary at our Naples and Immokalee sites. Adult flu vaccines are also available by appointment at both sites.

- For pediatric flu vaccines in Naples, contact (239) 252-8595.
- For adult flu vaccines in Naples, contact (239) 252-8207.
- For pediatric and adult flu vaccines in Immokalee, contact (239) 252-7300.

The flu vaccine is safe and continues to be the best way to protect yourself and your loved ones from the flu. In order to get vaccinated against the flu contact DOH-Collier, your healthcare provider, or pharmacy to get your flu vaccine as soon as possible

DOH-Collier recommends taking these everyday precautions to help keep you protected this season:

- Wear a mask or cloth face covering in indoor public settings.
- Wash your hands often with soap and water. If soap is not available, use an alcohol-based hand sanitizer.

- Avoid touching your mouth, nose, and eyes.
- Disinfect frequently touched surfaces and objects.
- Practice social distancing. Stay 6 ft away from others.
- Cough or sneeze into your shirt sleeve, elbow or tissue. Throw tissues away immediately after use.
- Stay home if you are sick.

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