

FLU VACCINATIONS



HEALTHY ST. PETE



RESTART ST. PETE

Getting your flu vaccination is as important as ever this year. We're all doing our part to help prevent the spread of coronavirus, now is our chance to help prevent the spread of the flu - the St. Pete Way.



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WHY IT MATTERS



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Routine flu vaccination is an essential preventive care service for children over the age of 6 months, adolescents and adults (including pregnant women) and an easy way to do our parts to prevent the spread of the flu.



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DO YOUR PART

This flu season, we need to do everything we can to reduce the impact of respiratory illnesses in the St. Pete and resulting burdens on the healthcare system during the COVID-19 pandemic.

Did You Know: It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu.





PLAN AHEAD



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VACCINATION LOCATIONS

Flu vaccinations are available at many locations across St. Pete, many for no cost.

Find flu vaccination locations near you by entering your ZIP code at [VaccineFinder.org](https://www.vaccinefinder.org).



OTHER PREVENTATIVE ACTIONS



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PLAY IT SAFE

In addition to getting your flu vaccination, help prevent the spread of the flu with these everyday actions:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Routinely clean and disinfect surfaces and objects like doorknobs, keyboards and phones that may be contaminated with germs that can cause respiratory illnesses like flu.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.
- Avoid close contact with sick people or with others if you are sick.
- If you or your child are sick, stay home for at least 24 hours after the fever is gone, without the use of a fever-reducing medicine, except to get medical care or for other necessities.
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Avoid touching your eyes, nose and mouth.

Learn more at [**CDC.gov/flu**](https://www.cdc.gov/flu).