Coastal Health District
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Georgia Department of Public Health
Camden County Health Department

NEWS RELEASE   Contact: Sally Silbermann

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Camden County Health Department Now Offering Flu Vaccine

CAMDEN COUNTY, GA - The Camden County Health Department has flu vaccine available. The Centers for Disease Control and Prevention (CDC) is only recommending injectable flu vaccine (flu shot) this season. The health department offers flu shots for $29 and high dose flu shots – made to better protect those 65 and older – for $50. Getting the flu vaccine is the best way to protect yourself, your family, and your community from the flu.

Getting vaccinated against the flu is recommended for everyone six months of age and older. It takes about two weeks after getting a flu shot for the vaccine to provide the body protection against the flu. While getting the flu vaccine is the best way to prevent the flu, there are other things we can all do every day to prevent getting or spreading the flu:

- Avoid close contact with sick people.
- If you get sick with flu-like illness, stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Try to cough or sneeze into the corner of your elbow and not your hand or cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

For more information, please call the Camden County Health Department at 912-576-3040 (Woodbine) or 912-882-8515 (St. Marys) or go to www.gachd.org/camden and click on the link under Camden County Health Department Information.

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