



Charlie Crist
Governor

Ana M. Viamonte Ros, M.D., M.P.H.
State Surgeon General

MARTIN COUNTY HEALTH DEPARTMENT

January 20, 2010
For Immediate Release

Media Contact:
Renay Rouse – 772-631-6008

PROTECTING YOURSELF AGAINST THE H1N1 FLU VIRUS

Health Officials Urge Residents to Get Vaccinated

One of the best ways to protect yourself and your loved ones against the H1N1 virus is to get vaccinated. The vaccine is widely available in the community through health care providers and pharmacies.

Those most at risk for complications are pregnant women, children and young adults and those with chronic health conditions.

“Since this is a relatively new virus, we really don’t know what to expect from it.” said Health Department Administrator, Mark Chittum. “It’s very possibly that we could see another peak in illness in the coming months. The best protection is to get vaccinated and to continue to follow basics of good hygiene.”

The Martin County Health Department on SE Willoughby Blvd., in Stuart will also host a free **H1N1 vaccination clinic** on **Saturday, February 6 from 9:00 am – 12 noon**. This clinic is open to everyone over the age of 6 months.

Free H1N1 Vaccination Clinic

Saturday, February 6
9:00 am – 12 noon

Martin County Health Department
3441 SE Willoughby Blvd., Stuart

www.MartinCountyHealth.com

Martin County Health Department
“Celebrating 60 Years of Service”
###