



Charlie Crist  
Governor

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State Surgeon General

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**MARTIN COUNTY HEALTH DEPARTMENT**

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For Immediate Release

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**BE A FLU FIGHTER  
PROTECT YOURSELF AND YOUR FAMILY**

**National Influenza Vaccination Week  
January 10 – 16, 2010**

To say the least, getting the flu can be a miserable experience. Time lost from work and school can pose many challenges for families and businesses.

More importantly, the flu can also pose serious risks for people with chronic health conditions, pregnant women, young children and seniors.

One of the best ways to prevent the flu is to get vaccinated.

“We really shouldn’t lower our guard.” said Mark Chittum, Administrator for the Martin County Health Department. “Though the seasonal flu vaccine is difficult to come by, the H1N1 vaccine is widely available in our community.” he added.

In Florida, seasonal flu activity usually peaks in February or March, so getting vaccinated in January still offer protection for the coming months.

In support of National Influenza Vaccination Week, the Martin County Health Department will host a free H1N1 clinic this Saturday, from 9:00 am – 12 noon. This clinic is open to everyone over the age of 6 months.

Parents with children nine years old and younger who already received their first dose of the vaccine at least 21 days ago are encouraged to come to the clinic to receive their booster dose of the vaccine.

**Free H1N1 Vaccination Clinic**  
**Open to everyone over the age of 6 months**

**Saturday, January 9**  
**9:00 am – 12:00 noon**

**Martin County Health Department**  
**3441 SE Willoughby Blvd., Stuart**  
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