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Governor

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State Surgeon General

MARTIN COUNTY HEALTH DEPARTMENT

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MAKE A NEW YEAR'S RESOLUTION TO STAY HEALTHY

GET THE H1N1 FLU VACCINE

The Martin County Health Department is urging everyone to remain focused on fighting off the flu in the New Year.

"Though we have seen a drop off in the number of H1N1 flu cases in our area, we must continue to protect ourselves. This is a novel virus and there is no way to predict what it will do next." said Nancy Kermes, RN and Emergency Preparedness Coordinator for the Martin County Health Department, "Getting the H1N1 and the seasonal flu vaccine and this one of the most effective things you can do to prevent the flu."

Everyone who can be vaccinated should get the H1N1 vaccine. Certain groups including pregnant women, children and young adults and persons with chronic health conditions are at higher risk for complications from the virus.

The H1N1 vaccine is now widely available in Martin County through health care providers and local pharmacies.

The Martin County Health Department at 3441 SE Willoughby Blvd. in Stuart will host a free H1N1 Vaccination Clinic on Saturday, January 9 from 9:00 am – 12 noon.

More information is available at www.MartinCountyHealth.com and www.MyFluSafety.com

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 SW Willoughby Blvd., Stuart

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