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The Florida Department of Health in Miami-Dade County Encourages Residents to Get Flu Shot Now

Contact:
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Miami, FL — The Florida Department of Health in Miami-Dade County is urging residents to get vaccinated against the flu as soon as possible. Once vaccinated, it takes about two weeks to offer protection.

Getting the flu shot each year is important, but reducing illness and hospitalization from flu is even more critical this year to protect frontline health care workers and hospital systems who will continue to care for people with COVID-19 and other illnesses.

The flu and COVID-19 are respiratory illnesses, but until there is a steady vaccine supply against COVID-19, the best way to help prevent these two viruses from circulating at the same time is to get your flu vaccine now.

Additionally, there will be less spread of the flu and COVID-19 if everyone continues to:

- Stay home if you're sick
- Cover coughs and sneezes
- Wash your hands frequently and thoroughly
- Wear a face covering when around others or if social distancing isn't possible

To get vaccinated against the flu you may contact your health care provider or pharmacy. The Florida Department of Health in Miami-Dade County offers free flu vaccine for children through 18 years of age. For more information please contact the Florida Department of Health in Miami-Dade County, Immunization Program at 786-845-0550.

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About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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