



Charlie Crist  
Governor

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

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**Contact:** Jennifer Terry, PIO  
850-983-5200 ext. 120

**SIGNIFICANT INCREASES IN LOCAL FLU ACTIVITY**  
*Santa Rosa County Health Department Encourages Precautionary Measures*

**Milton, FL** - The Santa Rosa County Health Department (SRCHD) today announced it has documented increased flu activity in the county. In accordance with Centers for Disease Control and Prevention (CDC) and the Florida Department of Health (DOH) recommendations, citizens are urged to take the following precautionary measures to help provide protection against influenza.

**Precautionary measures include:**

- Wash your hands often with soap and water or an alcohol-based hand cleaner.
- Avoid touching your eyes, nose, or mouth.
- Do not share eating utensils, drinking glasses, towels or other personal items.
- Stay home when you are sick and keep sick children home.
- Avoid close contact with people who are sick, if possible.
- Avoid crowds and areas where people congregate and are likely to be sneezing and coughing.
- Get an annual flu shot.

**People who should get vaccinated each year are:**

- Children aged 6 months up to their 19th birthday
- Pregnant women
- People 50 years of age and older
- Health care workers
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu

“This year, we are seeing increased flu activity at a later time than it usually occurs,” said Shannon L. Jacobs, M.A., M.P.H., SRCHD Administrator. “It is not too late to get a flu shot, and we urge citizens to follow these simple recommendations to prevent spreading illness to others.”

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