**November 29, 2018**

# FLORIDA DEPARTMENT OF HEALTH IN HILLSBOROUGH COUNTY OFFERING FREE FLU SHOTS THE FIRST WEEK OF DECEMBER

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**Tampa, Fla.** – Flu activity will likely increase as family and friends travel and gather for the holidays. The first week of December is National Influenza Vaccination Week and the Florida Department of Health in Hillsborough County is offering free flu shots December 3 – 7, at our Sulphur Springs Health Center location.

Eligible children can always receive no cost vaccines through the Vaccines for Children Program. Adults 19 to 64 usually pay $32 and those older than 64 pay $60 for a high-dose vaccine. Those who want the flu vaccine for free are encouraged to get it while there is no charge. Supplies are limited.

The Sulphur Springs Health Center is open weekdays, from 7:30 a.m. to 3 p.m. and is located at 8605 Mitchell Avenue, Tampa, FL 33604.

Flu can be a serious disease, even for healthy people. Everyone 6 months and older should get a yearly flu vaccine. Vaccination is especially important for protecting people at high risk of serious flu complications, including:

- young children

- pregnant women

- adults 65 years and older

- anyone with chronic health conditions like asthma, diabetes, or heart disease.

Now is the time to get the flu shot. It's the best way to prevent or reduce the severity of the flu. In addition to getting a flu shot, everyone should practice good handwashing and avoid close contact with people with the flu.

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**About the Florida Department of Health**

The department, nationally accredited by the [Public Health Accreditation Board](), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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