

Top 3 Reasons to get a FLU vaccination

[Stefany Strong, Health Reporter] It's just a typical Fall day around Daytona Fire and Rescue Station Number 6 on Beville Road. Firefighter Phil Peickert is not carrying a hose, a ladder, or an axe. He's carrying a sign that could save lives.

[Daytona Beach Fire and Rescue Phil Peickert] Well for flu season what we have going on is we have a program where for \$25.00 (twenty-five dollars) the public will come by the station, we actually have some of our stations, station 6 like the one here you can actually drive right through the station and we'll give you the shot. You don't even have to leave the comfort of your own vehicle you can have the AC going and everything, and then we'll give you your shot and everything and then let you go right on your way. We're just trying to help protect the citizens and the visitors of Daytona Beach from getting the flu.

[Music playing in background]

[Stefany Strong, Health Reporter] Top 3 reasons to get your flu vaccine: Prevents influenza related death.

[Andre Ourso, Volusia County Health Department Epidemiologist] Flu vaccine is the best way a person can reduce their chances of getting the flu this season. Also about approximately 36,000 (36 thousand) people die each year from influenza so the vaccine does prevent death from influenza.

[Stefany Strong, Health Reporter] Prevents severe illness.

[Andre Ourso, Volusia County Health Department Epidemiologist] In addition, about 200,000 (two hundred thousand) people are hospitalized from flu each year. So the vaccine does help in preventing severe complications from the flu.

[Stefany Strong, Health Reporter] Protects other people.

[Andre Ourso, Volusia County Health Department Epidemiologist] In addition, getting the flu vaccine will help protect others, whether you are a health care worker, or if you are at home caring for a sick individual. If you get vaccinated, that may prevent you from spreading that disease to others.

[Stefany Strong, Health Reporter] Flu viruses spread mainly from person to person, through coughing or sneezing of people with influenza.

[Music stops playing]

[Stefany Strong, Health Reporter] Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. The Volusia County Health Department specializes in adult and children's immunizations including administering the flu vaccine.

[Volusia County Health Department Nurse Pam Williams] Okay, you'll probably have a little redness at the site. A little swelling, you can use a cool washcloth today on injection site, tomorrow use warm. If you run a fever you can take some Tylenol for some pain and for fever.

[Patient] Okay.

[Volusia County Health Department Nurse Pam Williams] Okay.

[Andre Ourso, Volusia County Health Department Epidemiologist] We want people to wash their hands, stay home from work or school if they are sick. And the reason we want them to stay home is so they don't go out into the community and expose other individuals and get those people sick.

[Daytona Beach Fire and Rescue Phil Peickert] We are here to make sure that everybody is as healthy and as happy as possible. You know, we are there for whenever you have anything go wrong but we want to be there for once to see if things are going good too. We want to just help to make sure everybody stays safe and healthy.

[Stefany Strong, Health Reporter] For more information about flu vaccine clinics in your area please visit www.volusiahealth.com, www.findaflushot.com or call your local doctor. You may also call the health department's flu vaccine department at (386) 274-0635. For Volusia Magazine and on behalf of the Volusia County Health Department, Your guide to better health, I'm Stefany Strong.