



DIRECTOR'S MESSAGE

Bonnie J. Sorensen, MD, MBA
Volusia County Health Department

HOW FLU SPREADS



The flu usually spreads from person to person in respiratory droplets when people who are infected cough or sneeze.

People occasionally may become infected by touching something with influenza virus on it and then touching their mouth, nose or eyes.

Let's Fight Flu Together



As Public Health Officer for Volusia County, I strongly urge you to protect yourself and your family against possible influenza related death or illness by getting the flu vaccination.

Each year there are an estimated 36,000 influenza-related deaths and more than 200,000 people are hospitalized with the flu nationwide.

Influenza is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness and can lead to death. The best possible way to prevent the flu is to get vaccinated each year.

Influenza viruses are always changing. Because of this, flu vaccines are updated every year, and an annual vaccination is recommended.

Seasonal flu and pneumonia shots are available now in Volusia County. Please consult your private physician, local clinic, visit a local fire department, store or find another convenient flu shot location.

Let's fight flu together!

Stay Healthy,

Dr. Bonnie Sorensen