

FOR IMMEDIATE RELEASE
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“FIGHT FLU TN” EVENT PROVIDES FREE FLU VACCINES ACROSS TENNESSEE

NASHVILLE, Tenn. – **Get a flu shot!** The Tennessee Department of Health is urging all Tennesseans who have not yet received a flu shot this flu season to get one as soon as possible, as seasonal influenza cases are increasing across the state. Tennessee county health departments are holding special “**Fight Flu TN**” flu vaccine events in every county November 19 to increase the number of people vaccinated across Tennessee.

"It's important for everyone in Tennessee to get a flu vaccine, as we've seen an increase in seasonal flu activity in Tennessee in recent weeks and expect it to be around for many more," said Tennessee Health Commissioner Lisa Piercey, MD, MBA, FAAP. "Vaccination is still the best protection we have against this serious and potentially deadly illness."

All Tennessee county health departments are holding Fight Flu TN clinics Nov. 19. No appointments are needed to receive a flu shot during these events. Event hours and details will vary from county to county. Find a map of Fight Flu TN locations and contact information online at www.tn.gov/health/fightflu.

TDH and the Centers for Disease Control and Prevention recommend a yearly flu vaccine for everyone ages six months and older. It's especially important for pregnant women to get flu shots to protect themselves and their unborn children, as flu is more likely to cause severe illness in pregnant women.

Most people with the flu will experience symptoms such as fever, cough, congestion and body aches, and will recover on their own after about a week. However, infants, the elderly and people with certain medical conditions are at highest risk of severe complications from the flu. If you suspect you or someone in your family has the flu, call your health care provider for advice.

The flu virus is highly contagious, so it's important for people who are sick to stay home and avoid contact with others until their symptoms have resolved to help prevent further spread of the illness. This includes staying away from work, school and other public places while ill.

Follow these additional tips to protect your family and others from the flu:

- Use "respiratory etiquette" by coughing into your elbow or a tissue instead of your hands
- Wash hands frequently with soap and water or with an alcohol-based hand rub
- Routine cleaning and disinfection in the home and workplace are important to reduce flu risks

Learn more about preventing seasonal flu at www.cdc.gov/flu/consumer/index.html.

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This news release can be accessed online at www.tn.gov/health/news.html.