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THE FLORIDA OSTEOPATHIC MEDICAL ASSOCIATION URGES FLORIDIANS TO GET THEIR FLU SHOT

Tallahassee, FL – The Florida Osteopathic Medical Association, and its 2,800 members, urge Floridians to take a proactive approach to flu season to prevent potential challenges and complications by getting their flu shot. “Don’t let COVID distract you from the flu. Now is the time to get vaccinated! Get educated and talk to your doctor”, said Marc Kaprow, DO, MHA, FACOI, President-elect of the Florida Osteopathic Medical Association.

Floridians have endured stay-at-home orders and been wearing masks to protect not only themselves, but also their communities from the spread of COVID-19. Now, the upcoming flu season, which spans from October to May, presents another opportunity for Floridians to step up and help keep each other healthy.

The most at-risk populations for flu and COVID-19 overlap, which include those over 65 years of age and those with underlying medical conditions, such as chronic respiratory disease and heart disease. According to the CDC, flu shots can be given to anyone 6 months and older.

“Although it’s uncertain how flu season will interact with the pandemic, we as physicians, will help protect our patients and communities by emphasizing timely flu vaccination as a means of preventative care against COVID-19”, said Eric Goldsmith, DO, FACOS, President of the Florida Osteopathic Medical Association.

The Centers for Disease Control and Prevention’s (CDC) preliminary disease burden report for the 2019-2020 U.S. flu season estimates 39,000,000 to 56,000,000 illnesses; 410,000 to 740,000 hospitalizations; and 24,000 to 62,000 deaths. The burden of influenza could cause healthcare systems to become strained, particularly as they deal with the ongoing pandemic in the absence of a COVID-19 vaccine.

By leveraging all precautions available, especially the flu vaccine, communities can proactively work to ensure that the flu season will not worsen the public health crisis amid the pandemic. Get your flu shot now!

To find a provider that administers the flu shot in your area go to <http://flshotsusers.com/search/provider>. For more detailed information on the flu vaccine you can visit the CDC website at <https://www.cdc.gov/vaccines/parents/diseases/flu.html>.

The Florida Osteopathic Medical Association (FOMA) is the state association for osteopathic physicians in Florida. The FOMA has been serving osteopathic physicians since 1904. Our Executive Office is located in Tallahassee, Florida. The FOMA was organized for the purposes of advancing the science and art of osteopathic medicine; extending the benefits of scientific advancement to the treatment, prevention, and alleviation of human ailments; and promoting closer relationships between the osteopathic profession, FOMA members, and other groups dedicated to improved health care.

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