



COUNTY OF LAKE

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FOR IMMEDIATE RELEASE

FALL INFLUENZA “FLU” VACCINES

It’s “flu” season and the Lake County Public Health Division is happy to announce its community influenza vaccination clinic schedule.

Getting vaccinated is a great way to avoid getting the flu. Anyone 6 months of age or older is encouraged to get a flu vaccine. Being careful to use good hygiene is another way to protect yourself and those around you. If you cough or sneeze, cover your nose and mouth with a tissue or the crook of your arm instead of your hands. A virus can easily be passed from your hands to the things you touch. Wash your hands often and use an alcohol-based hand sanitizer when soap and water aren’t available. Try not to touch your face with your hands. A virus can enter your system through the membranes of your eyes, nose and mouth. Protect yourself by avoiding close contact with anyone who is sick.

Choosing a healthful lifestyle can also help to keep you well. Getting enough sleep, eating nutritious foods, drinking plenty of water and staying physically active can help to maintain a healthy immune system. Together, we can help to decrease the spread of influenza in our community.

The symptoms of the flu include a temperature of over 100 degrees F combined with a cough, sore throat, body aches, headache and a lack of energy. If you are ill, stay home to keep from infecting others.

Lake County Public Health is offering seasonal flu vaccines for \$2.

Scheduled clinics for the seasonal flu vaccines are as follows while supplies last:

Lakeport

Saturday, October 13th from 10 am to 3 pm at the Heroes of Health and Safety Fair, Lake County Fairgrounds, 401 Martin Street in Lakeport. (Flu shots are FREE at this event!)

Lakeport

For the month of November we will be offering flu vaccines on Tuesdays from 1:30 pm to 3:30 pm at the Public Health Division, 922 Bevins Court in Lakeport. Appointments are required. Please call 707-263-1090 or 800-794-9291 to schedule.

City of Clearlake

Wednesday, October 17th from 10 am to noon at the Senior Community Center, 3245 Bowers Rd.
Clearlake, Ca.

Flu vaccinations are also available in a variety of locations such as your primary care provider and local pharmacies.

The Lake County Public Health Division wishes you all a healthy and happy Fall and Winter season.
Please call 1-800-794-9291 or 707-263-1090 with questions or concerns.