



COUNTY OF LAKE
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Promoting an Optimal State of Wellness in Lake County

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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, and this is especially important during the time of COVID-19. 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 continuing to avoiding close contact with non-household members, especially if they are ill or unmasked.

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.

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 free this year. Masks are required to participate in all clinics.

Scheduled DRIVE THRU clinics for the seasonal flu vaccines are as follows*:

City of Clearlake

Monday, October 19th and Tuesday October 27th, from noon to 2 PM at Austin Park (14077 Lakeshore Dr., Clearlake, CA 95422)

Middletown

Wednesday, October 28th from noon to 2 PM at The Lions Club (15399 Central Park Rd, Middletown, CA 95461)

Lakeport

Friday October 23th and Thursday the 29th from noon to 2 PM at Mendocino College (2565 Parallel Drive, Lakeport CA 95453)

Upper Lake

Wednesday, October 21st from noon to 2 PM at Upper Lake Park (575 E CA-20, Upper Lake, CA 95485)

*Dates and locations are subject to change, & additional dates will be announced as vaccine and staffing allows.

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. Together, we can help to decrease the spread of influenza in our community. Please call 1-800-794-9291 or 263-1090 with questions or concerns.

