

**COUNTY OF LAKE**  
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**PRESS RELEASE  
FOR IMMEDIATE RELEASE**

**Public Health Announces Free Drive-Thru Flu Vaccine Events**

**Lake County, CA (October 16, 2020)** – It's "flu" season, and vaccination is particularly important this year, in light of COVID-19. The County of Lake Health Services Department's Public Health Division is happy to announce free Drive-Thru clinic events throughout the County\*:

**Clearlake**

Monday 10/19, Tuesday 10/27, noon to 2 PM, Austin Park (14077 Lakeshore Dr., Clearlake, CA 95422)

**Middletown**

Wednesday 10/28, noon to 2 PM, Lions Club (15399 Central Park Rd, Middletown, CA 95461)

**Lakeport**

Friday 10/23, Thursday 10/29, noon to 2 PM, Mendocino College (2565 Parallel Drive, Lakeport 95453)

**Upper Lake**

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

**Can't make it to any of these events?** Flu vaccinations are available from a variety of sources, including your primary care provider and local pharmacies.

*\*Note: event dates and locations are subject to change. Additional dates will be announced as vaccine supply and staffing allow. Masks are required to participate.*

**How Will I Know if I Have the Flu?**

Flu symptoms 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.

**Limiting Flu Risk: What You Can Do**

The flu virus is easily passed from our hands to the things we touch, and it can enter our system through the membranes of our eyes, nose and mouth.

- **Get vaccinated.** Again, this is especially important during the time of COVID-19. Anyone 6 months of age or older is encouraged to get a flu vaccine.
- **Practice good hygiene.** Cover your nose and mouth with a tissue or the crook of your arm if you cough or sneeze. Wash your hands often, and use an alcohol-based hand sanitizer when soap and water aren't available. Avoid touching your face with your hands.
- **Avoid close contact with non-household members.** When in public, wear a mask.
- **Healthy lifestyle choices help keep you well.** Get enough sleep, eat nutritious foods, drink plenty of water and stay physically active; all of these help maintain your immune system.

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. Call 1-800-794-9291 or 263-1090 with questions or concerns.