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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 21st 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.