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## ***Promoting an Optimal State of Wellness in Lake County***

### **PRESS RELEASE FOR IMMEDIATE RELEASE**

#### **Flu Season in the Time of COVID-19** *Vaccination Strongly Recommended*

**Lake County, CA (October 2, 2020)** — The Centers for Disease Control and Prevention have indicated, “Influenza (flu) activity often begins to increase in October.” This flu season brings unique concerns, with the potential for confusion of seasonal flu and COVID-19 symptoms.

“We are very concerned about the flu this year, during the time of COVID,” said Lake County’s Public Health Officer, Gary Pace, MD, MPH. “Protecting our most vulnerable citizens during the risky Fall and Winter months is a priority.”

#### **What Can Lake County Residents do to Help?**

“All people are strongly encouraged to get the flu vaccine this year,” shared Pace. “They are available through your medical provider, at many pharmacies and at some flu vaccine clinics.”

Cost should not be a barrier. On October 10, there is a free drive-through flu clinic at the Lake County Fairgrounds through the “Heroes of Health” event:

<https://support.lakecochamber.com/events/details/heroes-of-health-and-safety-fair-10-10-2020-9723>

#### **Information for Healthcare Workers**

“Usually we have a Public Health Order for healthcare workers to get the flu vaccine, or, as an alternative, to wear a mask when performing patient care,” noted Pace. “Since all workers providing patient care are required to wear masks this year due to COVID, the Order is not needed at this time. I continue to strongly recommend the influenza vaccine to be taken by every healthcare worker in acute care hospitals, skilled nursing facilities, and outpatient clinics.”

Pace and fellow Public Health Officers in small Northern California counties recently issued a statement addressing the importance of healthcare workers getting immunized against the flu. That statement is attached to this message.

Thank you to all Lake County residents for taking care this flu season!