



COUNTY OF LAKE
Health Services Department
Public Health Division
922 Bevins Court
Lakeport, California 95453-9739
Telephone 707/263-1090
FAX 707/263-4395

Denise Pomeroy
Health Services Director

Gary Pace, MD
Health Officer

Carolyn Holladay, PHN
Public Health Nursing Director

Iyesha Miller
Public Health Program Manager

FOR IMMEDIATE RELEASE

December 3, 2020

Contact: Lori Lalaguna

707-263-1090

More Free Drive-Up Flu Vaccine Events: December

Lake County, CA -- The County of Lake Health Services Department's Public Health Division is grateful to all who made the health of their communities a priority by participating in November's **Free Drive-Up Flu Vaccine Events**. Because symptoms of the flu and COVID-19 can be hard to distinguish, limiting flu risk has never been more important.

Here is the schedule* for December's additional **Free Drive-Up Flu Vaccine Events**:

- Week of Monday, December 7th thru Friday, December 11th
 - Vaccines will be available from 3:00 pm to 4:00 pm daily
- Week of Monday, December 14th thru Friday, December 18th
 - Vaccines will be available from 3:00 pm to 4:00 pm daily

Location: **922 Bevins Court, Lakeport**. **Appointments are required**. Please call 707-263-1090 or 800-794-9291 to schedule, or for more information. Masks are required to participate in all clinic events.

**Dates and locations subject to change. More dates will be announced if vaccine supply and staffing allow.*

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.

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.

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.

Together, we can help decrease the spread of influenza in Lake County communities!