Erin Valdez Deputy Director-Finance & Administration

> Joe Hallett Director of Behavioral Health

Christine Zoppi, Director



Bill Wathen County Welfare Director

Dr. Jared Garrison County Health Officer

> Laura Medina Public Health Assistant Deputy Director

PRESS RELEASE

Public Information Officer Contact: Laura Medina (530) 934-6588 FOR IMMEDIATE RELEASE Date: September 8, 2023

Glenn County Public Health's 2023 Seasonal Flu Shot Clinics are Here

Glenn County, CA - Glenn County Public Health will be hosting two senior clinics and three community clinics offering the seasonal influenza (flu) vaccine. This year, the Orland community clinic will be a <u>drive-through</u> clinic at the Glenn County Fairgrounds. All flu vaccine is <u>free</u> to persons 6 months of age and older. The high-dose flu vaccine will be offered to those 65 years and older at the senior clinics. No appointment is needed for any of the clinics.

The flu vaccine has been shown to prevent influenza illnesses, hospitalizations, and deaths each year. The Centers for Disease Control and Prevention (CDC) recommends everyone 6 months and older to get the flu vaccine every year and the high-dose flu vaccine for adults 65 and over. The best time to get the flu shot is late September or October to provide the best immunity for the duration of the flu season.

Community Flu Vaccine Clinic – Drive Through:

Saturday, September 30th, 9:00 am – 1:00 pm Glenn County Fairgrounds parking lot - 221 East Yolo Street, Orland

Senior Flu Vaccine Clinics will be held

Tuesday, October 3rd, 8:30 am – 11:00 am Willows Senior Nutrition Center - 556 East Sycamore Street, Willows

Thursday, October 5th, 8:30 am – 11:00 am Orland Senior Nutrition Center - 19 Walker Street, Orland

Community Flu Vaccine Clinics will be held

Wednesday, October 4th, 2:00 pm – 5:30 pm Willows Memorial Hall - 525 West Sycamore Street, Willows

Sunday, October 1st, 12:00 pm – 5:00 pm

Hamilton City Community Park – On the corner of Broadway and 2nd Street, Hamilton City

In addition to the vaccine, there are other steps to take to help protect yourself and others against the flu:

- Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Avoid close contact with people who are sick. When sick, keep distance from others to protect them from getting sick too.
- If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
- Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

For more information, contact Glenn County Public Health at (530) 934-6588 or visit our website: <u>www.countyofglenn.net/publichealth</u>.

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