



## Public Health Administration

Danette York, M.P.H., Director  
Andy Miller, M.D., Health Officer

202 Mira Loma Drive  
Oroville, California 95965

T: 530.552.4000  
F: 530.538.2164

[buttecounty.net/publichealth](http://buttecounty.net/publichealth)

**FOR IMMEDIATE RELEASE**  
**November 22, 2019**

### **FLU ARRIVES EARLY TO BUTTE COUNTY – HEALTH OFFICIALS URGE FLU VACCINATION**

BUTTE COUNTY, Calif. – Butte County Public Health has received confirmation of early flu activity in Butte County. As we head into what could be an extended flu season, which can continue until May, residents are encouraged to protect themselves and their family by getting vaccinated.

Residents can get the annual flu vaccine from their healthcare provider or local pharmacy. To locate a flu shot clinic near you, visit: [www.vaccinefinder.org](http://www.vaccinefinder.org)

Flu vaccination is recommended for everyone six months of age or older, but is particularly important for those at higher risk of severe influenza, including pregnant women, children under five years of age, older adults, and people with certain underlying medical conditions such as diabetes, obesity, asthma, and heart disease. Vaccination of pregnant women also helps to protect infants too young to be vaccinated.

“Flu season varies from year to year. Typically, we don’t see flu activity until mid-to-late December,” said Butte County Health Officer Dr. Andy Miller. “Vaccination will help you and your family stay healthy for work or school and protect others from coming down with the flu.”

Common symptoms of the flu, which typically develop within a few days of exposure, include fever or feeling feverish, a cough and/or sore throat, a runny or stuffy nose, chills, fatigue and body aches. Children may also have nausea, vomiting or diarrhea. People with severe symptoms should contact their healthcare provider.

In addition to getting an annual flu shot, to prevent getting and spreading the flu and other respiratory illnesses, you should also:

- Stay home when you are sick and limit contact with others
- Cover your cough and sneezes by using the inside corner of your elbow
- Wash your hands often with soap and warm water
- Avoid touching your eyes, nose and mouth
- Keep sick children home from school according to the school’s sick child policy (typically for 24 hours after your child no longer has symptoms, especially a fever).

For more information about the flu, visit: [www.buttecounty.net/flu](http://www.buttecounty.net/flu)

###