



FOR IMMEDIATE RELEASE
October 6, 2021

**Public Health Encourages Residents to Get Vaccinated and Take Extra Precautions
as the Holiday Season Approaches**

BUTTE COUNTY, Calif. – Butte County Public Health (BCPH) would like to remind residents that many commonly celebrated holiday activities carry risk for spreading illness. With the overlap of COVID-19 and flu season this fall and winter, BCPH encourages residents 6 months of age and older to get vaccinated against the flu and all eligible residents 12 years and older to get their COVID-19 vaccine.

Influenza is a contagious respiratory illness that can cause mild to severe illness. Influenza typically strikes between October and May, with the highest number of cases usually occurring from December through February. Since it takes about two weeks for the flu vaccination to provide protection, the CDC recommends getting your flu shot before the end of October.

Infection with both influenza and COVID-19 can occur. Studies suggest that persons infected with influenza may be more likely to get COVID-19, and that COVID-19 is more severe and causes more lung damage in persons co-infected with influenza.

“We expect that both viruses will be out there, circulating in the community. Therefore, residents should take extra precautions this year to protect their health by getting a flu vaccine while continuing to follow the non-pharmaceutical measures to prevent the spread of COVID-19 and other respiratory viruses,” explained Danette York, Director of Butte County Public Health.

Flu vaccination is recommended for everyone six months of age and 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.

You can safely receive both the flu vaccine and the COVID-19 vaccine on the same day. You can get one or both vaccines at multiple locations, including your local pharmacy, or by visiting one of the FREE community vaccination clinics:

| FREE Flu and COVID -19 Vaccine Clinics | | | |
|---|--|-------------|--|
| Sponsored By | Location | Date | Time |
| Enloe Medical Center | Calvary Chapel: 188 Springfield Dr., Chico | October 14 | 7:30 am to 11:00 am 2:00 to 6:00 pm |
| Enloe Medical Center | Chico Elks Lodge: 1705 Manzanita Ave. | October 20 | 7:30 am to 11:00 am 2:00 to 6:00 pm |
| Enloe Medical Center | Butte College Chico Center: 2320 Forest Ave. | October 30 | 10:00 am to 2:00 pm |
| Orchard Hospital | Medical Specialty Center: 284 Spruce St. | October 7 | 9:00 am to 3:00 pm |
| | | October 14 | 3:00 pm to 7:00 pm |

Additional community flu vaccine clinics may get scheduled in the coming weeks. Residents can check the BCPH website for updates: www.buttecounty.net/flu

A person with flu or COVID-19 may be contagious and infect others before they even feel sick. People with severe symptoms should contact their healthcare provider. Symptoms of the flu and COVID-19 include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headaches
- Fatigue
- Difficulty breathing

Getting vaccinated and wearing a mask are the most effective ways to protect yourself and others from COVID-19. Face coverings are strongly recommended in indoor public settings regardless of vaccination status and required for those not fully vaccinated.

In addition to getting vaccinated, to stop the spread of flu, COVID-19 and other illnesses, you should also:

- Wear a face mask when in public
- Wash your hands often
- Gather outdoors
- Keep gatherings small
- Stay home if you are sick
- Get tested for COVID-19 if you've been exposed or have symptoms
- Cover your coughs or sneezes with your sleeve or a disposable tissue
- Avoid touching your eyes, nose or mouth

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