BUTTE COUNTY PUBLIC HEALTH

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For Immediate Release
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www.buttecounty.net/publichealth

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DON'T LET THE FLU RUIN YOUR HOLIDAY PLANS: GET VACCINATED…FOR FREE!

BUTTE COUNTY, CA – Don't let the flu ruin your holiday plans; get vaccinated at the Butte County Public Health Department Clinic, next week. "It's not too late to get your flu vaccine," says Butte County Public Health Department Health Officer, Dr. Lundberg. "Flu season typically peaks in January or February and can last as late as May, we are encouraging people who have not yet been vaccinated to get vaccinated now."

For millions of people each year, the flu can bring a fever, cough, sore throat, runny or stuffy nose, muscle aches, fatigue, and miserable days spent in bed. An annual flu vaccine is recommended for everyone 6 months of age and older.

Anyone can get the flu, but some people are at greater risk for serious flu-related complications, like pneumonia, that can lead to hospitalization and even death. For those at greater risk for complications, getting the flu vaccine is especially important. People at greater risk include:

- Children younger than 5 years old, but especially children younger than 2 years old
- Pregnant women
- People with certain medical conditions like asthma, diabetes, or heart and lung disease
- People 65 years and older

It's also important to get the vaccine if you care for anyone in one or more of these high risk groups, or for babies younger than 6 months because they are too young to get the vaccine. "Getting the flu vaccine is simple, and it's the most important thing you can do to protect yourself and your family from the flu," says Dr. Lundberg.

Flu vaccines are offered in many locations, including doctor's offices, clinics, pharmacies and college health centers. **The Butte County Public Health Department will be holding a FREE flu clinic in Oroville.**

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When: *Tuesday, November 20th*
1:00 p.m. to 3:00 p.m.

Where: *Butte County Public Health (Tahoe Room)*
202 Mira Loma Dr.
Oroville, CA 95965

No Appointments Necessary
For more information please call 538-2840

Now is the perfect time to get your flu vaccine if you haven't done so already. A flu vaccine will help you and your families stay healthy for the holidays. For more information about influenza or for information about where to get the flu vaccine, visit the Butte County Public Health website at www.buttecounty.net/publichealth or call the Health Department information line at 1-866-444-2405.

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For further information, contact: Brandy Miller, Public Health Education Specialist,
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Butte County Public Health Department
Our Mission: To protect the public through promoting individual, community and environmental health.