BUTTE COUNTY
PUBLIC HEALTH

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ANOTHER FREE FLU VACCINE CLINIC!

BUTTE COUNTY, CA – Enloe Medical Center and Butte County Public Health will hold a FREE Walk-In Public Flu Clinic this Friday, Jan. 18 from 2 p.m. to 6 p.m. (or while supplies last) at the old Hollywood Video building located at 896 East Avenue in Chico (on the corner of East Avenue and Cohasset Road). Flu shots will be available for people ages 4 and older, including pregnant women, and nasal spray vaccine will be available for healthy children and adults between the ages of 2 and 49.

Butte County Public Health Department's Health Officer, Dr. Mark Lundberg states, "Flu activity is starting to pick up in Butte County and your best protection against the flu is to get vaccinated every year. It's not too late to get the influenza vaccine if you have not done so already this season."

Other steps to help prevent influenza, colds and other contagious illnesses include:

- 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.
- Stay home when you are ill and try to limit contact with others as much as possible to keep from infecting them.

If you are not able to make it to this clinic, vaccine is still available in several locations throughout Butte County including some doctors' offices, clinics and pharmacies. For a listing a pharmacies with flu vaccine visit, http://flushot.healthmap.org/.

Further information about the flu is available at both the Butte County Public Health Department website www.buttecounty.net/publichealth and the Enloe Medical Center flu webpage www.enloe.org/flu. Both organizations have an information line as well; the Butte County Public Health Department flu information line is 1-866-444-2405 and the Enloe Medical Center

flu information line is 332-7017. If you prefer to speak with someone directly during regular business hours, you may call the Butte County Public Health Department at 538-2840.

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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.