



# TRINITY COUNTY HEALTH AND HUMAN SERVICES

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## PRESS RELEASE

FOR IMMEDIATE RELEASE

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### Trinity County Public Health Urges Flu Vaccination

TRINITY COUNTY – In an effort to prevent significant influenza illness on top of the ongoing COVID-19 pandemic this flu season, the Trinity County Public Health Branch (TCPHB) is urging all residents to get vaccinated against the flu now to protect yourself and your loved ones.

"Flu will be hitting your community soon, and in the midst of the ongoing COVID-19 pandemic in California, getting your flu vaccine will be more important than ever," said Dr. Erica Pan, Acting State Public Health Officer. "Just like wearing a face covering, getting a flu shot is an easy and safe action we can take to keep ourselves and others healthy during the pandemic. Don't wait—vaccinate."

The California Department of Public Health (CDPH) recommends annual flu vaccination for everyone six months of age and older. Those at higher risk of getting severe flu disease include:

- People 65 years and older.
- People who smoke or have underlying medical conditions like diabetes, heart disease, asthma, lung disease, neurologic disorders, and weakened immune systems.
- Pregnant women and children under five years of age.
- At risk populations, who are disproportionately affected by chronic medical conditions that can increase the risk for severe flu or COVID-19 such as those living in poverty.
- Caregivers and residents in long-term care facilities.
- Essential workers who encounter others outside their homes.

Getting vaccinated is the best defense against the flu. In California, flu activity usually begins to increase in late November or December. Trinity County encourages residents to contact their health



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care provider, physician's office or clinic about getting the flu vaccine. Other Flu vaccination sites include the following:

- CVS Pharmacy, 1311 South Main Street, Weaverville, M – F, 9:00am – 8:00pm
- **FREE** Public Health Branch Drive-Thru Flu Clinics (no registration needed):
  - October 28, 2020, Trinity County Fairgrounds, 6000 Hwy 3, Hayfork 10:30 AM – 1:00 PM
  - November 4, 2020, Lewiston Moose Lodge, 71 Turnpike Road, Lewiston 10:30 AM – 1:00 PM
  - November 10, 2020 Trinity Alps Performing Arts Theater, 101 Arbuckle Court, Weaverville 10:30 AM – 1:00 PM

Additional Flu vaccination sites in Redding include:

- CVS Pharmacy, 3375 Placer Street, Redding
- Walmart Pharmacy, 1515 Dana Drive, Redding
- Safeway Pharmacy, 1070 E Cypress Ave, Redding
- Rite Aid Pharmacy, 1801 Eureka Way, Redding
- Walgreens Pharmacy, 1775 Eureka Way, Redding

Besides getting immunized, you can also take everyday preventive actions to stop the spread of both influenza and COVID-19:

- Stay away from people who are sick and stay home when you or your child are sick for at least 24 hours after symptoms go away.
- Cough or sneeze into your elbow, arm or disposable tissue. If you use disposable tissue, use hand sanitizer or wash your hands afterwards.
- Wash hands frequently and thoroughly with soap and warm water or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Wear a mask.

For more information about the flu, visit [CDPH's website](#). For more information about what Residents can do to prevent the spread of COVID-19, visit [covid19.ca.gov](https://covid19.ca.gov).