



Connie Beck, Director
Social Services | Public Health | Mental Health

news release

Nov. 16, 2020

Free community flu vaccine clinic scheduled for Nov. 18

Community members are invited to participate in a free drive-thru flu vaccine clinic scheduled for Wednesday, Nov. 18, from 11 a.m. to 2 p.m. in the parking lot of the Humboldt County Library's main branch at 1313 Third St. in Eureka.

This year with COVID-19 already in the community, health officials say it is more important than ever to get a vaccine.

Deputy Humboldt County Health Officer Dr. Josh Ennis said, "Having flu and COVID-19 circulating this winter will make diagnosis more challenging and could threaten our health care system capacity. Getting a flu vaccination can prevent medical visits, hospitalizations and deaths, so getting your flu shot helps us protect not only our community, but also the health care system."

The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older be vaccinated every year to maintain existing immunity because flu viruses are constantly changing. The flu vaccine is formulated annually to keep up with the flu viruses.

It is especially important to protect those who are more likely to experience severe complications from flu illness including pregnant women, people who live with diabetes, heart disease, asthma, or other chronic health conditions, and people age 65 and older.

It takes up to two weeks after receiving the flu vaccine to achieve the best protection.

Common symptoms include a fever or feeling feverish, a cough, sore throat, runny or stuffy nose, muscle or body aches, headache and fatigue. Some people may have vomiting and diarrhea, although this is more common in children than adults.

Flu shots are also available through medical providers and at some area grocery stores and pharmacies, and another community clinic is expected to be scheduled this winter.

For more information, call your health care provider, local pharmacy or the Public Health Clinic at 707-268-2108 or visit <https://vaccinefinder.org/find-vaccine>.

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