



Public Health Brief

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The Flu Season Has Arrived!

Recent reports indicate that flu activity has begun in various parts of California, including communities on both sides of the Sierra and San Diego. Several deaths have been reported.

That means it is time to get vaccinated! The attached flyer lists the opportunities in Alpine County to receive your vaccine. In addition, many pharmacies have vaccine available, and flu vaccine is being offered at Diamond Valley Elementary School on Nov 7th.

What are the benefits of flu vaccination?

There are many reasons to get a flu vaccine each year:

- [Flu vaccination](#) can keep you from getting sick with flu.
- Flu vaccination can reduce the risk of flu-associated hospitalization for children, working age adults, and older adults.
- Flu vaccination helps prevent serious medical events associated with some chronic conditions.
- Vaccination helps [protect women during and after pregnancy](#) (and their new babies!).
- Flu vaccine can be life-saving in children.
- Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.
- Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

Please act soon to protect yourself, your family, and your community!!



Public Health
Prevent. Promote. Protect.

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