



Public Health Brief

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“Twindemic”: COVID-19 and the flu season

Each year flu causes millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths in the United States. While it is unclear what will happen this fall and winter, if there is COVID-19 and flu at the same time, this could place a tremendous burden on our health care systems and cause many additional illnesses, hospitalizations, and deaths. Now more than ever, it’s important that everyone do their part to help prevent the spread of respiratory illnesses, like flu and COVID-19.

The single most important thing you can do to prevent serious illness is to get vaccinated. The flu vaccine will not protect against COVID-19, but has important benefits:

- It decreases your risk of getting sick, being hospitalized or dying from flu.
- It is an especially important tool for people with underlying health conditions, such as lung disease, heart disease, diabetes, neurologic conditions, and weakened immune systems.
- It decreases the risk of flu illness and hospitalization among pregnant women by 40%. It protects the baby from flu for several months after birth.
- It decreases the severity of illness in people who get vaccinated but still get sick.
- It protects the people around you who may be more vulnerable to flu’s serious complications.

Are you a senior age 65 years of age or older? We now have the high dose flu vaccine available in our clinic by appointment during this COVID-19 season. Call 530-694-2146 to make an appointment to receive this vaccine specifically formulated for you in order to minimize your risk. We are available by appointment Monday-Friday from 8-12 and 1-5. We will bill your insurance, including Medicare.

For everyone else, we expect our shipment of vaccine to arrive any day. Our annual drive through vaccine clinic in Woodfords is scheduled for Tuesday October 13th. Dates for Bear Valley and Kirkwood will be announced shortly.



Public Health
Prevent. Promote. Protect.

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