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NEWS RELEASE

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Public Health Encourages Everyone to Get a Flu Shot

County makes sure getting the vaccine is easy and free to help prevent “twindemic” of COVID-19 and seasonal flu

(Bakersfield, CA) –With flu season upon us, Kern County Public Health is planning for the potential effects of a “twindemic” of influenza and COVID-19 during the fall and winter months and urges everyone to get a flu shot.

“During this pandemic, it is more vital than ever for our residents to get their annual flu vaccine,” said Matt Constantine, Director of Kern County Public Health. “This will help decrease the incidence of flu in our community and help ease the burden on our healthcare system.”

Getting a flu shot is an easy and safe action we can take to keep ourselves and our loved ones healthy during the pandemic. Additionally, vaccination from the flu will reduce the burden of flu on the community and preserve health care resources for the care of patients with COVID-19.

In addition to getting your flu shot, practice healthy habits like hand washing, staying at least 6 feet away from others, wearing a face covering when in public, avoiding gatherings, and staying at home when sick. These steps will protect you from both the flu and COVID-19.

Residents can take advantage of the following opportunities to receive a free flu shot:

Routine Public Health Clinic

- Public Health Services Building, 1800 Mt. Vernon Avenue, Bakersfield – Beginning 10/1/20, Monday through Friday 8am-11am and 1pm-3pm by appointment.

Seasonal Flu Clinics

- **NAACP Clinic at St. John’s Missionary Baptist Church:** 1401 E. Brundage Lane, Bakersfield – 10/10/20, 10am – 3pm
- **Shafter:** Public Health Office, 329 Central Valley Hwy – 10/13/20, 1pm-3:30pm
- **Delano:** Public Health Office, 455 Lexington Street - 10/14/20, 9am-11am & 2pm-4pm
- **Pine Mountain Club:** 2524 Beechwood Way – 10/14/20, 10am-12pm and 1pm-3pm
- **Lake Isabella:** 7050 Lake Isabella Blvd, Suite 144 – 10/20/20, 10am-12pm & 1pm-3pm
- **Kern County Fairgrounds Swap Meet:** 1142 S P Street, Bakersfield - 10/25/20, 7am-1pm and 11/13/20, 5pm-8pm.
- **Ridgecrest:** 400 N. China Lake Blvd - 10/27/20, 10:30am-12pm & 1:30pm-2:30pm

For more information call 661-321-3000 or visit www.kernpublichealth.com.