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NEWS RELEASE

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Drive-Thru for a Free Flu Shot Sunday at Fairgrounds Swap Meet

Public Health encourages everyone to get their annual flu vaccine!

Flu season is upon us and now is the time to get vaccinated against seasonal flu. The flu is a contagious disease that can cause serious illness and getting an annual flu vaccine is the best way to protect yourself and your loved ones from flu.

According to the California Department of Public Health, flu vaccination has been shown in several studies to reduce severity of illness, including reducing the risk of flu-related hospitalization. Vaccination can also reduce the risk of potentially serious flu complications for people with certain chronic health conditions like asthma, diabetes, and heart disease.

Kern County Public Health is partnering with the Kern County Fairgrounds Swap Meet to offer free flu shots on Sunday, October 16 from 7:00am to 12:00pm. No appointments are needed, and guests should enter through Ming Avenue at the Star Gate entrance.

“Getting your annual flu shot is an easy action we can take to protect ourselves and our loved ones this flu season,” says Brynn Carrigan, Director of Kern County Public Health. “Our residents are also encouraged to focus on their overall health by eating a healthy diet full of fruits and vegetables and getting plenty of exercise.”

Everyone should also take every day preventative actions to reduce the spread of flu:

- Wash hands often
- Avoid close contact with people who are sick
- Cover coughs and sneezes
- Avoid touching eyes, nose, and mouth
- Clean and disinfect frequently touched surfaces

Learn more about flu by visiting the state's [website](#).

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

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