



FOR IMMEDIATE RELEASE

November 21, 2024

News Contacts:

Matthew Davis, Principal Management Analyst, PIO & Legislative Affairs
(707) 784-6111 | MADavis@SolanoCounty.com **(AND)**

Jayleen Richards, Public Health Administrator
707-784-8616 | JMRichards@SolanoCounty.com or SolanoPIO@SolanoCounty.com

Solano Public Health urges residents to take preventive action this fall and winter seasons; offers guidance on celebrating the holidays safely

SOLANO COUNTY – The Solano County Department of Health and Social Services, Public Health division, urges residents to take preventive action this fall and winter seasons and celebrate the holidays safely. With the rise of respiratory diseases such as COVID-19, flu, and respiratory syncytial virus (or RSV) in Solano County, it is more important than ever to get vaccinated.

"We encourage everyone to take action and get vaccinated to protect the health and safety of themselves, their loved ones and their community this holiday season," says Solano County's Health Officer Bela T. Matyas, M.D., M.P.H. "By getting vaccinated, residents contribute to preventing severe illness and death."

GENERAL GUIDANCE TO CELEBRATE THE HOLIDAY SEASON SAFELY

When it comes to staying safe this holiday season, consider the following tips:

Get vaccinated

- Vaccines are the best protection against infection. Vaccines are safe and effectively reduce risk of severe illness, hospitalization, and death
- Everyone ages six months and older should get a 2024-2025 COVID-19 vaccine. For people who are moderately or severely immunocompromised or are over 65 years old, an additional dose can be administered six months after
- Everyone 6 months and older should get the flu shot to protect children and families from the flu

Practice proper hygiene and stay home if you are sick

- Wash your hands with soap for at least 20 seconds
- Cover your mouth and nose with a tissue or your sleeve when coughing or sneezing
- If sick, refrain from touching your eyes, nose and mouth
- **Do not attend celebrations or participate in activities if you feel ill**

Seek treatment early

- Certain groups of people may experience complications from the flu and COVID-19. These groups include pregnant women, children younger than five years old, adults 65 years of age and older, and people with chronic medical conditions, such as heart disease, asthma, and diabetes.

SOLANO COUNTY HEALTH & SOCIAL SERVICES, PUBLIC HEALTH DIVISION

- Doctors can prescribe antiviral medications that reduce the severity and duration of illness. For COVID-19 and flu, there are outpatient treatments that can be effective. Reach out to your healthcare provider early to be evaluated for COVID-19 treatments that may be available for you.
- Anyone who is very sick should go to the emergency room for treatment.

Vaccines are available at doctors' offices and pharmacies. To find a flu or COVID vaccine at a location near you, visit <https://vaccinefinder.org>. For a list of Solano County community clinics free flu shots, visit www.SolanoCounty.com/flu.

FOR MORE INFORMATION

Follow Solano Public Health on Facebook [@SolanoCountyPH](https://www.facebook.com/SolanoCountyPH) and at <https://www.SolanoCounty.com/PH>.