



**SOLANO
COUNTY**

HEALTH & SOCIAL SERVICES – PUB. HEALTH

FOR IMMEDIATE RELEASE

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Solano Public Health urges residents to prepare for winter surge; get your flu vaccine and omicron booster

SOLANO COUNTY – Solano Public Health urges everyone six months and older to get their annual vaccination for influenza. The flu vaccine helps stop the spread of the flu and protects everyone's health. The start of the flu season is unpredictable, and the vaccine takes two weeks to become fully effective once administered.

"Getting the flu shot helps reduce the risk of catching the flu, as well as reduces the risk of being hospitalized if you do get sick," said Dr. Bela Matyas, Health Officer for Solano County. "Help keep our community safe and healthy by getting your flu shot."

It is important to get the flu vaccine every year because flu strains change over time. Timely flu shots help prevent a disease that hospitalizes hundreds of thousands and kills tens of thousands of Americans every year.

In addition to getting the annual flu vaccine, residents should also get the new COVID-19 bivalent omicron booster, if eligible. The new booster is approved for individuals ages 12 years and older who have completed a primary COVID vaccine series. The Pfizer-BioNTech vaccine is approved for individuals ages 12 and older. The Moderna vaccine is approved for individuals ages 18 and older, including individuals who are moderately or severely immunocompromised.

"With the likelihood of both COVID-19 and seasonal flu activity this winter, getting vaccinated continues to be the best protection to prevent severe illness and disease," said Matyas. "To further prevent the spread of illness and disease, stay home if you feel ill."

Certain groups may experience complications from the flu and COVID-19. These groups include pregnant women, children younger than five years old, adults 65 and older, and people with chronic medical conditions, such as heart disease, asthma, and diabetes. Doctors can prescribe antiviral medications that reduce the severity and duration of illness. For COVID-19, there are outpatient treatments that can be effective. Reach out to your healthcare provider early on 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>.

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For a list of Solano County community clinics providing low-cost to no-cost flu shots, visit www.SolanoCounty.com/flu. For a list of Solano County community clinics providing the new omicron booster, visit www.SolanoCounty.com/covidvaccine.

For more information about influenza, visit the CDC website at <https://www.cdc.gov/flu/index.htm>.

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