



COUNTY OF ORANGE – HEALTH CARE AGENCY

PRESS RELEASE

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Get a Flu Vaccination for a Healthy Holiday Season

Special Saturday Clinics

(Santa Ana) – The Orange County Health Care Agency reminds people that the best way to prevent the flu is by getting vaccinated. Peak flu season has not yet arrived and it is not too late to vaccinate. Flu vaccine is recommended for everyone six months of age and older, and is especially important for infants, young children, pregnant women, adults over 50, and for those with chronic medical conditions.

Flu vaccine is widely available from medical providers throughout Orange County or you can find a local flu vaccine provider at www.flushot.healthmap.org. Information about locations and dates of other community sites offering free flu vaccine is available at www.ochealthinfo.com/flu. If you do not have a medical provider, or if you do not have health insurance coverage, free flu shots are also available through the Health Care Agency's Family Health Clinic located at 1725 W. 17th Street, Santa Ana on the days listed below. For information about the County's flu shot program call the **HCA Health Referral Line at 1-800-564-8448** or visit www.ochealthinfo.com/flu.

Every Thursday

8:00am - 4:00pm (no appointment is needed)
(closed for lunch from 11:45am- 12:45pm)

Saturdays

December 14 & January 25
8:00 a.m. – noon (no appointment is needed)

In addition to getting vaccinated, it's important to practice good hand washing and other good health habits. People who are ill should take actions to stop the spread of germs:

- Stay home if you are sick
- Cover your nose and mouth when coughing or sneezing
- Wash hands thoroughly with soap and water or use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose and mouth

For more information about seasonal influenza please visit the Health Care Agency's website www.ochealthinfo.com/flu or the Centers for Disease Control website www.cdc.gov/flu

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