

## FOR IMMEDIATE RELEASE

### MEDIA ADVISORY

EVENT DATE: Wednesday, December 16, 2020

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## SUPERVISOR WILMA CHAN, CITY OF SAN LEANDRO ANNOUNCE FREE FLU VACCINATION CLINIC

**San Leandro, CA** – Alameda County Supervisor Wilma Chan and the City of San Leandro today announced a one-day seasonal flu shot clinic at the San Leandro Senior Community Center. The clinic, which will offer free flu shots to residents of San Leandro and nearby municipalities, will be providing vaccinations on Wednesday, December 16<sup>th</sup> from 9:00 AM to 3:00 PM.

**The clinic will operate by appointment only; individuals interested in scheduling a flu vaccination are required to call 510-577-3462.** There is no cost for a vaccination and no insurance is required. Residents can either walk-through or drive-through to receive their flu shot. The City will also be providing all participants with a free frozen turkey meal as a thank-you for taking the time to get vaccinated.

**WHAT: San Leandro-Alameda County Flu Vaccination Clinic**

**WHEN: Wednesday, December 16<sup>th</sup> from 9:00 AM – 3:00 PM**

**WHERE: San Leandro Senior Community Center  
13909 E. 14<sup>th</sup> Street, San Leandro**

All San Leandro residents are eligible to receive a vaccination at the clinic, as are residents from nearby communities as well as Alameda County's Unincorporated Area. Although all ages are welcome, the City and Alameda County are strongly encouraging citizens aged 55 and older to get vaccinated this winter. Other key demographics for which vaccination is recommended are pregnant women, children aged 5 or younger, and individuals with chronic medical conditions.

"Getting a flu shot is not just critical for keeping yourself safe this winter, but also to ensure the safety of all communities throughout Alameda County," said Supervisor Chan. "As we continue to fight the COVID-19 pandemic, this clinic will be an invaluable resource for our residents while reducing the pressure on our public health providers."

"We are in the midst of flu season and another wave of COVID-19 cases. This year it is more critical than ever for everyone to get a flu shot," said San Leandro Mayor Pauline Cutter. "We must avoid a 'twindemic' and surges that compromise our hospital and health care system along with flu symptoms that mimic COVID-19."

With winter approaching, County Health officials are urging all residents aged six months or older to get an annual flu vaccination as soon as possible. Individuals who contract the flu put immense annual demands on hospitals and urgent care clinics – demands that will only be exacerbated this winter due to the COVID-19 pandemic. With an estimated 200,000 Americans hospitalized every year as a result of the influenza virus, early prevention through vaccination is a critical way to protect public health and lessen the unprecedented burden placed on local health systems.

Symptoms of the flu typically include fever, cough, sore throat, nasal congestion, aches, and fatigue. Due to the similarities between flu symptoms and early symptoms of COVID-19, people with flu symptoms may require a COVID-19 test. Individuals showing symptoms should also quarantine at home and isolate from family members pending the results.

In addition to vaccination, County health officials recommend the public follow several preventative measures to avoid flu exposure – steps that also help prevent contracting COVID-19. These actions include wearing a face covering, maintaining at least six feet of social distance, regular washing of hands with soap, and avoiding touching your eyes, nose, and mouth.

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#### **About Supervisor Wilma Chan**

Alameda County Supervisor Wilma Chan represents District 3, which includes the cities of Alameda, San Leandro, parts of Oakland including Chinatown, Jack London, Fruitvale and San Antonio neighborhoods, and the unincorporated community of San Lorenzo. She is currently President of the Board of Supervisors, Chair of the Health Committee, and a member of the County’s Personnel, Administrative, and Legislative Committee, the Budget Committee, the Unincorporated Services Committee, and the Ad Hoc Committee on Immigrant Rights. For more on Supervisor Chan’s accomplishments and current initiatives, please visit [www.acgov.gov/board/district3](http://www.acgov.gov/board/district3) or connect on Facebook with “Supervisor Wilma Chan.”