



FOR IMMEDIATE RELEASE

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LA County Library Offers Free Flu Shot Clinics at 21 Libraries This Fall

*In Partnership with LA County Department of Public Health,
Clinics will be Held October 18 through December 6*

Flu season is here. To help you stay healthy, LA County Library is partnering with the LA County Department of Public Health for the sixth year in a row to offer free flu shot clinics at 20 community libraries throughout the county in the months of October, November, and December. Last year, 2,170 free flu shots were given. No appointment or insurance is required.

According to the CDC, up to 20% of Americans become ill with the flu (also known as influenza) each year, leading to thousands of deaths. There were 117 reported flu deaths in LA County alone during last year's flu season. Because flu is highly contagious, vaccination not only protects the person who gets the shot, but also reduces the risk for their family, co-workers, and other close contacts. Flu vaccines are recommended for everyone 6 months of age and older, including healthy adults. Pregnant women, children, adults 50 years of age and older, and immunocompromised individuals are especially susceptible. The best way to prevent the flu is to get vaccinated!

"The wellness of our customers and their families is important to us," said LA County Library Director Skye Patrick. "Partnering with LA County Department of Public Health to offer these flu shot clinics at our library locations provides a valuable resource to help keep our customers healthy."

"Every year, influenza causes millions of LA County residents to become sick and thousands become hospitalized or die," said Barbara Ferrer, PhD, MPH, MEd, Director of the Los Angeles County Department of Public Health. "Even healthy people can get very sick from the flu and spread it to others. We all need to take steps to keep ourselves and our loved ones healthy. The single best way to prevent seasonal flu is to get immunized each year. We urge everyone 6 months of age and older to get a flu shot (immunization) every season." "Now is the time to get immunized since it takes your body about 2 weeks after immunization to develop the protection needed to reduce your risk for influenza," said Muntu Davis, MD, MPH, Los Angeles County Health Officer. "We never know how bad each flu season will be. We do know that the more people are immunized, the better the season will be."

To view the complete list of dates, times and library locations, and for additional information, please visit LACountyLibrary.org/FluShot.

If you have a severe egg allergy or are sick the day of the clinic, check with your doctor before getting vaccinated. Call your regular health care provider to see what other shots you may need. If you don't

have a regular provider, call 2-1-1 (LA County Information Line) or visit publichealth.lacounty.gov for a list of no cost or low-cost vaccine providers.

About LA County Library

Founded in 1912, LA County Library is one of the largest and most innovative library systems in the US. It offers free public resources including books, music, multimedia materials, computer and internet access, and educational and recreational services to 3.4 million residents through its 86 libraries and mobile fleet of 12 vehicles, including 3 Bookmobiles, 6 MāKō maker mobiles, and 3 Reading Machines. LA County Library is dedicated to reducing barriers and increasing access to and equity of public services for all. To learn more, visit LACountyLibrary.org and follow @LACountyLibrary on Facebook, Twitter, and Instagram.

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