



**Riverside  
University**  
**HEALTH SYSTEM**  
Public Health

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## **Riverside: Residents urged to get flu shots as part of National Influenza Vaccination Week**

Riverside County health officials are inviting the public to get vaccinated against the flu and to take part in a free flu shot clinic as part of National Influenza Vaccination Week (Dec. 7-13) -- a national observance established by the Centers for Disease Control and Prevention (CDC).

“One of the best ways for Riverside County residents to protect themselves against the flu is to get the flu vaccine,” said Dr. Cameron Kaiser, Riverside County public health officer. “And National Influenza Vaccination Week is a great time to do it.”

Kaiser says there are additional activities you can do to avoid the flu, including thorough hand-washing and properly covering coughs and sneezes to help prevent the spread of flu. And if you’re sick with cough or fever, stay home to limit exposure of co-workers and classmates.

The CDC recommends that everyone 6 months and older receive a flu vaccination each year.

Residents are invited to get free flu shots from 5 to 6 p.m. on Dec. 9 at Our Lady of Guadalupe Shrine, located at 2858 9<sup>th</sup> St., in Riverside, CA. The free flu vaccinations will be provided by Walgreens.

A media event will take place at 5:30 p.m. and will include public comments by Riverside County Public Health Officer Dr. Cameron Kaiser regarding the importance of getting vaccinated against the flu as well as a brief recognition ceremony honoring local care clinics for their exceptional work with the public.

Honorees include: Neighborhood Healthcare – Temecula, represented by Shannon Fomai, RN, and Gricell Rojas; Borrego Health, represented by Nancy Blevins, RN, Marisela Escoto, RN and Nikki Washington, Immunization Coordinator; and the Riverside University Health System— Care Clinics, represented by Pat Henry, RN.

Andy Melendrez, Riverside City Council Member—Ward 2 will also be on hand to offer remarks and congratulations on the County’s efforts to provide quality care and service for the health of all residents and visitors.

The event is free and open to the public. Media is welcome.

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