

MONOGRAM

SEPTEMBER 2024

FALL VACCINATIONS



FALL IMMUNIZATIONS PROVIDE WINTER PROTECTION

The winter months are around the corner, and an uptick in various illnesses, including influenza (Flu) and COVID-19 (Coronavirus), is to be expected. Mono County residents are encouraged to protect themselves and their families this winter by becoming vaccinated and protected, and ensuring that kids are up-to-date on their required immunizations.

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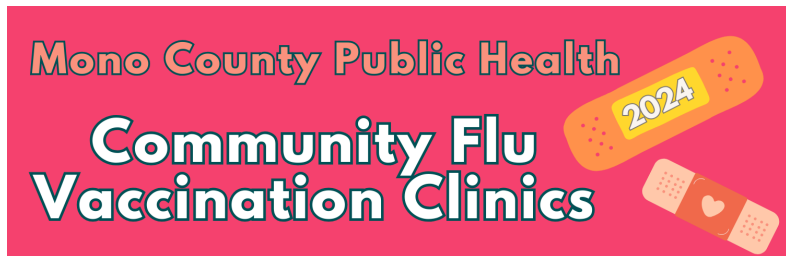
INFLUENZA

With our long hot summer winding down, it's time to think about seasonal flu shots. Flu shots are recommended for everyone 6 months or older, and are available at Mono County Public Health **Community Flu Vaccination Clinics**, local pharmacies, and primary care clinics.

Seasonal epidemics of influenza hospitalize hundreds of thousands of Americans every year and kill tens of thousands, mostly people who are vulnerable due to age (mostly advanced age but the very young are also at risk of serious illness). Millions of other people experience a range of milder illness, and flu is an important cause of time lost from work and school.

Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death, and are an important tool to stay healthy through the winter and early spring. The flu vaccine protects the immunized person, as well as the people around them.

Details on the Mono County Public Health Community Flu Vaccination Clinics can be accessed [here](#).



only Flu vaccinations available at community clinics

DATE	TIME	LOCATION
TUESDAY SEPTEMBER 24TH	11am - 2pm	WALKER COMMUNITY CENTER
TUESDAY OCTOBER 1ST	Noon - 2pm	WHEELER CREST FIRE STATION (Swall Meadows)
THURSDAY OCTOBER 3RD	4pm - 7pm	CROWLEY LAKE COMMUNITY CENTER
TUESDAY OCTOBER 8TH	4pm - 6pm	LEE VINING COMMUNITY CENTER
THURSDAY OCTOBER 10TH	5pm - 7pm	MAMMOTH LAKES (MONO COUNTY CIVIC CENTER) 1290 TAVERN ROAD
TUESDAY OCTOBER 15TH	Noon - 3pm	BRIDGEPORT MEMORIAL HALL
THURSDAY OCTOBER 17TH	2:30pm - 3:30pm	BENTON COMMUNITY CENTER
THURSDAY OCTOBER 17TH	4:30pm - 6pm	CHALFANT COMMUNITY CENTER
TUESDAY OCTOBER 22ND	4pm - 6pm	JUNE LAKE COMMUNITY CENTER

To make an appointment, scan the QR code or visit:



 myturn.ca.gov

 760-924-1830



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RESPIRATORY SYNCYTIAL VIRUS (RSV)

RSV is a common seasonal respiratory virus that, like influenza, hospitalizes and kills thousands of people each year. RSV is best known as an annual winter epidemic that severely affects babies and young children, causing bronchiolitis and pneumonia and many hospitalizations. In most adults, RSV presents as a common cold, but like flu and COVID-19, elderly individuals and people with a range of health conditions are at risk for severe disease. RSV vaccines reduce the severity of infection and prevent hospitalization. RSV vaccination is newly recommended for pregnant women (to protect their babies), all persons 75 years and older, and people between 60 and 75 years old with conditions that increase risk. There is also a monoclonal antibody shot recommended for infants whose mothers were not vaccinated. Mono County is not able to offer RSV vaccination at our flu clinics, but vaccines are available at pharmacies and doctors' offices.

COVID-19

COVID-19 infection rates have been high all summer and remain so in California. The updated COVID-19 vaccines are now available at pharmacies and through healthcare providers. The Centers for Disease Control and Prevention (CDC) recommend that all Americans 6 months of age and older get a single dose of the updated vaccine to prevent harm from COVID-19. Mono County Public Health no longer has access to free COVID-19 vaccines for the general public, but health insurance plans should cover them. Mono County Public Health will have a small number of COVID shots for people who don't have insurance.

While virtually everyone by now has some immunity to COVID-19 from vaccination, infection, or both, immune protection decreases over time. It is particularly important for older people and those with medical risk factors for severe disease to continue to get COVID-19 boosters as recommended.

Mono County Public Health has free COVID-19 test kits for distribution at the Mammoth Lakes and Bridgeport Public Health Offices. Details on COVID-19 recommendations and resources can be accessed [here](#).

Call Mono County Public Health at (760) 924-1830 for more information.

