



Mendocino County Public Health Department

Healthy People, Healthy Communities

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Press Release

Not for op-ed

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TO: MENDOCINO COUNTY NEWS MEDIA

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Public Notice: Cold and flu season has begun early in Mendocino County and emergency rooms across the county are seeing very long wait times for care as a result. To reduce the burden on overwhelmed emergency room staff, Public Health recommends the following guidance for deciding whether to go to the emergency room:

At-home treatment: Treat mild cases of flu, cold, or COVID at home with plenty of fluids and supportive medications like cough medicine, Tylenol, Advil, etc. Use local Test to Treat clinics, or telehealth services that prescribe the flu and COVID treatments.

Go to the Emergency Room: **Go immediately if you see or feel danger signs:** shortness of breath, dehydration (from vomiting/diarrhea) or ANY change of mental status.

In addition, Public Health expects local schools and employers to temporarily suspend return to work/school slips so that providers can assess and care for the many sick people currently in the community.

Public Health continues to encourage getting flu and COVID vaccines as the best way to fight the winter viruses and avoid overwhelming emergency room staff. Vaccines and treatments are available at local pharmacies, through your health provider, and at Public Health offices and clinics throughout the county. Please see the [Vaccines webpage](#) for more information. Questions? Contact the Call Center 707-472-2759.