



COUNTY OF YOLO

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Yolo County Flu Vaccination Clinics

(Woodland, CA) – The Yolo County Health Department will be holding the following free seasonal influenza vaccination clinics this fall:

Saturday, October 13, 9:00 a.m. to 1:00 p.m.
Westmore Oaks School, 1100 Clarendon Road in West Sacramento

Wednesday, October 17, 4:00 to 8:00 p.m.
Winters Community Center, 201 Railroad Avenue in Winters

Saturday, October 27, 10:00 a.m. to 2:00 p.m.
Esparto Fire Department, 16960 Yolo Avenue in Esparto

Saturday, November 17, 9:00 a.m. to 12:00 p.m.
Douglass Middle School, 52 Granada Drive in Woodland

The Health Department will also be providing flu shots at the Davis Senior Center Health Fair on Tuesday, October 16, 9:00 a.m. to 12:00 p.m. at 646 A Street in Davis. A \$10 administrative fee will be charged, which may be waived in some cases.

In addition to getting a flu shot, everyone should also follow these simple steps to avoid the flu:

- Wash hands often with soap and water.
- Regularly clean commonly-touched surfaces, i.e. countertops, doorknobs, telephones etc.
- Don't share cups, straws or anything that goes in the mouth.
- Cover nose and mouth when you cough and sneeze, and promptly discard used facial tissues.
- If you are sick, stay home.

Other important factors that help prevent getting sick:

- Getting enough rest and staying physically fit to help the body fight off disease.
- Not smoking and reducing your exposure to secondhand smoke.

Note: the Yolo County Health Department also provides seasonal flu vaccine for \$10.00 administrative fee as part of the regularly scheduled immunization clinic held every Tuesday, 2:00 to 5:00 p.m. at 137 N. Cottonwood Street in Woodland. Note: those unable to pay for a flu vaccine will not be turned away.

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