



# COUNTY OF YOLO

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## FOR IMMEDIATE RELEASE

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## Final Free Flu Mass Vaccination Clinic in Woodland Saturday

(Woodland, CA) – The Yolo County Health Department will be holding their final free seasonal influenza mass vaccination clinic this Saturday, November 17, 9:00 a.m. to 12:00 p.m. at Douglass Middle School, located at 52 Granada Drive in Woodland.

Additionally, the Health Department 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. Those unable to pay for a flu vaccine will not be turned away.

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.

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