



COUNTY OF YOLO

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Yolo County Flu Vaccination Clinics

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

Tuesday, October 14, 3:00 p.m. to 6:00 p.m.
Riverbend Community Room, 664 Cummins Way in West Sacramento

Tuesday, October 21, 9:00 a.m. to 11:00 a.m.
Davis Senior Center, 646 A Street in Davis

Saturday, November 22, 9 a.m. to 2 p.m.
West Sacramento City Hall, 1110 West Capitol Avenue in West Sacramento

Wednesday, December 10, 11:00 a.m. to 1:00 p.m.
Woodland Senior & Community Center, 2001 East Street in Woodland.

With the exception of the November 22 clinic, which is free, a \$10 administrative fee will be requested. Those unable to pay 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

The Yolo County Health Services Department also provides seasonal flu vaccine for a \$10.00 administrative fee (those unable to pay for a flu vaccine will not be turned away) as part of the regularly scheduled immunization clinic held every 1st Monday, 2:00 to 5:00 p.m. at 500 Jefferson Blvd in West Sacramento, and every 2nd, 3rd and 4th Monday, 2:00-5:00 p.m. at 137 N. Cottonwood Street in Woodland.

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