



COUNTY OF YOLO

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Mass Flu Vaccination Clinic in West Sacramento November 22 (Last Yolo County Seasonal Flu Vaccination Clinic December 10 in Woodland)

(Woodland, CA) – The Yolo County Health Services Department, in partnership with the city of West Sacramento, is holding a free seasonal influenza vaccination clinic on Saturday, November 22, 9:00 a.m. to 2:00 p.m. at West Sacramento City Hall, located at 1110 West Capitol Avenue in West Sacramento. Besides providing opportunity for residents to receive the seasonal flu vaccine, this clinic also serves as a test of the county's mass vaccination response.

In addition to getting a flu shot annually, 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.

The final seasonal flu vaccination clinic provided by Yolo County will be held on Wednesday, December 10, 11:00 a.m. to 1:00 p.m. at the Woodland Senior & Community Center, located at 2001 East Street in Woodland.

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