



COUNTY OF YOLO

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Yolo County Encourages Residents to ‘Fight the Flu’ via Free Flu Shot Clinics

(Woodland, CA) – Yolo County strongly encourages residents to protect themselves and their loved ones from Influenza (flu) this year by vaccinating. The County is hosting the following free flu vaccination clinics to help all residents and families ‘Fight the Flu’ this October:

DATE	LOCATION	HOURS
10/12/2021	Yolo County Office of Education 1280 Santa Anita Ct. Woodland CA	4:00 p.m. – 7:00 p.m.
10/19/2021	Davis Senior Center 646 A Street Davis CA	10:00 a.m. – 1:00 p.m.
10/26/2021	Yolo County HHS Building (River City Room) 500 A Jefferson Blvd., West Sacramento	4:00 p.m. – 7:00 p.m.
10/29/2021	Knights Landing Family Resource Center 9586 Mill St. Knights Landing CA	4:00 p.m. – 6:00 p.m.

All sites will be walk up sites, with some indoor locations. Appointments are not required but recommended and can be made by calling (530) 666-8552. Residents ages 6 months and older are welcome at all sites. Additional sites in November will be added to the list once confirmed. For an updated list of flu clinics in Yolo County, please visit: <https://www.yolocounty.org/government/general-government-departments/health-human-services/children-youth/immunization-program>. Additionally, a limited number of first doses of COVID-19 vaccine will be available at all flu vaccine clinics.

The flu is a contagious respiratory illness that can cause mild to severe illness and can even result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk of serious flu complications. Common flu symptoms include, but are not limited to:

- Fever or feeling feverish/chills
- Cough and or sore throat
- Running or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (feeling very tired)

Some people may also experience vomiting and diarrhea, though this is more common in young children than in adults. The best way to prevent the flu is by getting vaccinated each year and following these simple steps to keep you, your family and your co-workers flu-free:

- Wash hands often with soap and water
- Regularly clean high-touch surfaces such as countertops and doorknobs
- Avoid sharing cups, straws or anything that goes in the mouth
- Cover your nose and mouth when you cough and sneeze; promptly discard used facial tissues
- Stay home if you are sick

Additional tips to stay healthy and fight off disease include eating more whole grains, vegetables and fruit, getting enough rest and sleep, staying physically fit through exercise and avoiding smoking and exposure to secondhand smoke.

For additional information on flu clinics countywide and the importance of the flu vaccine, please visit: <https://www.yolocounty.org/government/general-government-departments/health-human-services/children-youth/immunization-program>.

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