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> Howard K. Himes Agency Director

Cara Mae Wooledge, MPH
Health Education Specialist
(707) 253-4773
Cara.Mae.Wooledge@countyofnapa.org

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Napa County Public Health to offer free flu vaccines beginning Sept. 19 Flu shots and prevention behaviors will help keep community healthy this season

(NAPA, California) Napa County Public Health will offer free seasonal flu vaccines, shot or flu mist spray, to anyone over three years of age at the following community clinics:

CITY	DATE	TIME	LOCATION
Yountville	Saturday,	9 a.m.—12 p.m.	Yountville Community Center
	Sept. 19		6516 Washington Street
Napa	Sunday,	10 a.m. – 1 p.m.	Binational Health Fair
	Sept. 20		3285 Claremont Way
American	Monday,	3 p.m.—6 p.m.	Multi-Use Center
Canyon	Sept. 28		2185 Elliott Drive
Napa	Wednesday,	10 a.m. – 1 p.m.	Napa Senior Center
	Oct. 7		1500 Jefferson Street
Lake	Monday,	11 a.m.—1 p.m.	Berryessa Senior Center
Berryessa	Oct. 12		4380 Spanish Flat Loop Road
St. Helena	Wednesday,	3 p.m.−6 p.m.	St. Helena Elementary School
	Oct. 14		1325 Adams Street
Napa	Monday,	3 p.m.−6 p.m.	Napa Elks Club
	Oct. 19		2840 Soscol Avenue
Angwin	Monday,	10 a.m.—1 p.m.	Angwin Fire Department
	Oct. 26		275 College Avenue
Napa	Wednesday,	3 p.m.−6 p.m.	McPherson Elementary
	Nov. 4		2670 Yajome Street
Calistoga	Monday,	3 p.m.—6 p.m.	Calistoga Fairgrounds, Butler Pavilion
	Nov. 16		1435 N Oak Street

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It's Up to You to Stop the Flu

"The flu vaccine is the safest and most effective way to avoid getting the flu and prevents you from spreading the flu to your loved ones," said Dr. Karen Relucio, Napa County Health Officer. "Even if you were vaccinated last year, you should be vaccinated this year and every year for protection from the flu."

The Centers for Disease Control and Prevention (CDC) recommend everyone over six months of age get a flu vaccine. Those at higher risk for complications of the flu, including seniors over 65 years, pregnant women, children under five years and people with certain chronic medical conditions, are especially encouraged to get vaccinated.

In addition to getting vaccinated, simple steps to help stop the spread of the flu:

- 1) Wash hands often with soap and warm water for at least 30 seconds.
- 2) **Cover coughs and sneezes** with a tissue or sleeve.
- 3) Stay home and contact health care providers when sick.

For additional information, including the full schedule of seasonal flu vaccine clinics, visit the Napa County Public Health <u>flu vaccine clinic page</u> or call the flu line at (707) 253-4540 for 24/7 recorded bilingual information.

Residents unable to attend the flu vaccine clinics or with children less than three years of age can call the Public Health Immunization Clinic at (707) 253-4270 for a free appointment.

The Board of Supervisors and staff of Napa County are dedicated to preserving and sustaining Napa County for present and future generations as a community with generous open space, a thriving agricultural industry and a quality human and natural environment. Visit us on the web at www.countyofnapa.org, or follow us on social media -- @ CountyofNapa on Twitter or Napa County, California on Facebook.

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