



Tuolumne County Public Health Department

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PRESS RELEASE FOR IMMEDIATE RELEASE

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Free Flu Vaccine Clinics in Tuolumne County

SONORA, CA—The Tuolumne County Public Health Department will offer two flu vaccination clinics this year in Tuolumne County. The first, on Wednesday, **October 11, from 12pm to 6pm**, will take place in the Manzanita building of the Mother Lode Fairgrounds in Sonora. An additional flu walk-in flu vaccine clinic will take place on Friday, **October 20, from 9am to 12pm**, at the Groveland Evangelical Free Church. Free, standard-dose flu shots will be available for ages 2 and up, while supplies last, and no appointment is necessary for these clinics. Nasal spray vaccines and high-dose flu shots for ages 65+ will not be offered at this event but may be available from a person's medical provider or at their local pharmacy. A standard-dose vaccine for seniors 65+ is still recommended for protection from the flu over skipping vaccination altogether.

Clients are asked to observe the following in preparation for their visit to the flu clinic:

- Fill out a registration/consent form prior to arriving. Registration forms are available online at tuolumnecounty.ca.gov, on the reverse side of event flyers, or at the county health department.
- Wear a short-sleeved shirt
- Parent or legal guardian must accompany children
- Stay home if symptomatic of illness

In addition to receiving an annual flu vaccine, the public health department reminds people of these everyday preventive actions to reduce the spread of flu:

- Avoid close contact with people who are sick and stay home if you are sick
- Avoid touching your eyes, nose and mouth
- Cover coughs and sneezes with a tissue
- Wash hands often with soap and water
- Use an alcohol-based hand sanitizer if soap and water are unavailable
- Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu

For more information about the flu clinic, call 209-533-7401 or visit our [website](https://tuolumnecounty.ca.gov).
