



News Release

For immediate release: January 16, 2019

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Join us in reducing the spread of Influenza (flu): Flu Vaccination Event

The Yakima Health District (YHD) is coordinating a community-wide flu clinic to help increase influenza vaccination rates by linking the **Sunnyside School District** and **Swofford and Halma Clinic** to offer flu vaccines. Most health insurance plans cover the cost of vaccines, but; if you don't have insurance, or it does not cover vaccines, the [Vaccines for Children \(VFC\)](#) program can help. VFC can provide vaccines for all children in Washington State 18 years and under. Uninsured, underinsured and insured are all welcome, there is **no co-pay** required, but if you have an insurance card, please bring it with you.

Event Details

Date: Thursday, January 17, 2019

Time: 4:30-6:30P

Where: Chief Kamiakin Elementary School in the cafeteria
1700 E. Lincoln Ave.
Sunnyside, WA. 98944

One of the most important things a community member can do to protect their health and the health of others is get vaccinated according to the recommended [immunization schedule](#). You can access a list of all required vaccinations at the Washington State Department of Health website in both [English](#) and [Spanish](#).

Recommendations for influenza prevention:

- Reduce the spread of viruses/illnesses by frequently washing your hands, covering your mouth when coughing, staying home or avoiding others if sick, and getting your vaccination(s).
- Know how to recognize [flu symptoms](#) and when to seek care- *most people will have mild symptoms and should care for themselves at home*. Call your health care provider if you are experiencing severe symptoms, or if you are at risk for more severe infection (pregnant, women, the elderly, children under 5 years old, and people with otherwise compromised immune systems).

- If you have children under the age of 18 in need of vaccination or to make sure that you are up to date on all necessary vaccinations, contact your provider. *Influenza vaccine must be updated every year, and all individuals over the age of 6 months are recommended to be vaccinated.*
- Check the Yakima Health District [website](#) for a list of participating VFC providers in Yakima County.
- If you are interested in hosting flu clinic at your school, contact Jessica Van Doren at (509) 249-6536

For more information:

[Centers for Disease Control and Prevention](#)

Washington State Department of Health- Vaccination schedules in [English](#) and [Spanish](#)
[Washington My IR](#)

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