



Yakima Health District

Media Release

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Flu Vaccine Offers Protection

Yakima, WA- With COVID-19 still widespread throughout Yakima County, the Yakima Health District (YHD) is urging everyone to follow public health recommendations, including getting a flu vaccine. Yakima County may see more flu activity this year, compared to last year, due to more people being active and mobile, and children being back in school. Getting the flu vaccine this fall and winter is crucial to help reduce the spread of influenza and symptoms, which can be similar to COVID-19. The two highly contagious respiratory illnesses are spread in similar ways, mainly through respiratory droplets. Influenza and the common cold have similar symptoms to COVID-19, the only unique symptoms that COVID-19 has are loss of taste and smell.

Everyone six months of age and older should get an annual flu vaccine. Young children, pregnant women, [those with underlying health conditions](#), and people aged 65 and older are at high risk for flu-related complications. The flu is a highly contagious disease that can cause mild to severe illness, and lead to hospitalization and death- even in healthy, young people. Getting a flu vaccine reduces the chances of getting the flu, and it can be safely given at the same time as a COVID-19 vaccine. It is possible for individuals to be infected with influenza and COVID-19 at the same time. YHD urges the community to get vaccinated, both against the flu and COVID-19 to help Yakima's healthcare system from continuing to operate in such limited capacity.

Immunization Clinics

The Yakima Health District will be partnering with community organizations, such as Yakima Neighborhood Health Services, Community Health Plan of WA, Columbia Safety, Highland Clinic, Swofford and Halma Clinic, Nuestra Casa, and schools to offer immunization clinics and flu clinics in the community. These are an opportunity to have families get caught up on their routine immunizations and flu vaccines. Below are four events that will be occurring:

| Date & Time | Location | Clinic |
|------------------------------------|--|--|
| October 28, 2021 12:00pm-5:00pm | West Valley Jr. High School 7505 Zier Rd, Yakima, WA 98908 | Immunization Clinic <ul style="list-style-type: none">• Routine childhood immunizations for children ages 0-18• Pfizer COVID-19 vaccine for individuals 12 years and older• Flu vaccine to anyone 6 months and older |



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| Date & Time | Location | Clinic |
|-----------------------------------|--|--|
| October 29, 2021 4:00pm-6:00pm | Nuestra Casa 906 E Edison Ave, Sunnyside, WA 98944 | Immunization Clinic <ul style="list-style-type: none"> • Pfizer COVID-19 vaccine for individuals 12 years and older • Moderna and Johnson & Johnson vaccine for individuals 18 years and older • Flu vaccine to anyone 6 months and older |

| Date & Time | Location | Clinic |
|------------------------------------|---|--|
| October 30, 2021 10:00am-2:00pm | Highland High School 17000 Summitview Rd, Coviche, WA 98923 | Flu Vaccine Clinic <ul style="list-style-type: none"> • Flu vaccine to anyone 6 months-18 years |

| Date & Time | Location | Clinic |
|-----------------------------------|---|--|
| November 1, 2021 2:00pm-6:00pm | Student Family Center 105 N 4 th Ave, Yakima, WA 98902 | Immunization Clinic <ul style="list-style-type: none"> • Routine childhood immunizations for children ages 0-18 • Pfizer COVID-19 vaccine for individuals 12 years and older • Flu vaccine to anyone 6 months and older |

The immunization clinics occurring on October 28th, October 29th, and November 1st are open to anyone in the community. For adults who do not have medical insurance, a flu vaccine will cost \$25 at the October 28th and November 1st events. The flu vaccine clinic occurring on October 30th is open to youth from the Highland community and those who attend school in the Highland School District. Individuals should bring their medical insurance if they have one.

Additional Information

www.YakimaVaccines.org

www.YakimaTesting.org

[Washington State Department of Health: Are you at high risk for flu?](#)

[CDC: Prevent Flu](#)

[YHD: Flu Prevention](#)

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