



**COUNTY OF SAN LUIS OBISPO HEALTH AGENCY
PUBLIC HEALTH DEPARTMENT**

FOR IMMEDIATE RELEASE

Date: October 16, 2018
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Get a Free Flu Shot on October 21 in Arroyo Grande or Atascadero
Protect yourself and help keep our community healthy

San Luis Obispo—The County of San Luis Obispo Public Health Department, City of Atascadero and Five Cities Fire Authority are partnering to present a free flu shot event on Sunday, October 21, 2018. Everyone age three and older is welcome to come get a free flu shot. No appointment or RSVP is needed, and there are no requirements based on income or residency.

What: Free Flu Shot Event

When: Sunday, October 21, 9:00 a.m.–12:00 noon

Where: Colony Park Community Center, 5599 Traffic Way in Atascadero [[map](#)]
Five Cities Fire Authority, Station One, 140 Traffic Way in Arroyo Grande [[map](#)]

Who: Everyone age three and older is welcome

Please note: The nasal spray flu vaccine is not available at this event. Preservative-free vaccine is available. Supplies are limited so please arrive early.

This event helps protect our community from the flu while serving as a mass vaccination drill that keeps teams sharp and ready to respond to the threat of pandemic illness. In the case of a pandemic, local first responders would need to quickly vaccinate large numbers of people. Drills like this help ensure teams are ready to respond in an effective and coordinated manner.

The flu shot is recommended for everyone over six months of age. It's especially important for people over the age of 65 or under age five and people who have health problems such as asthma, heart disease, lung disease or diabetes. The vaccine is updated each year to better match the viruses in circulation. CDC recommends getting vaccinated by the end of October, or as soon as possible after that. It takes about two weeks after vaccination for antibodies to develop that protect against flu virus infection.

If you are not able to attend the clinic, you can also get the flu shot in SLO County from your regular healthcare provider, many local pharmacies or [Public Health Department clinics](#), by appointment.

You can review detailed information about the flu shot on the [influenza vaccine information sheet](#). To learn more about the flu and flu vaccine, visit www.cdc.gov/flu.

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County of San Luis Obispo Health Agency

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