



FOR IMMEDIATE RELEASE
January 11, 2013

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Two no-cost whooping cough & flu vaccination clinics, Jan. 18 & 26

Low-income and uninsured adults only – first come, first served

SNOHOMISH COUNTY, Wash. – Uninsured and low-income adults can take advantage of two shot clinics for flu and whooping cough at handy locations in Everett, Wash. Both clinics are free and open to the public.

- The first clinic will be held from 10 a.m. to noon on Friday, Jan. 18 during the WorkSource Community Resource Fair at Everett Station, 3201 Smith Ave., Everett, Wash.
- The second clinic will run from 2 to 6 p.m. on Saturday, Jan. 26 at Comcast Arena, 2000 Hewitt Ave., Everett, Wash. This clinic is sponsored by the South Everett-Mukilteo Rotary Club and coincides with a free skating event for the public in the main ice rink.

The Snohomish Health District will provide 200 doses of adult flu vaccine and 200 doses of adult whooping cough vaccine, also called Tdap, at the WorkSource event; and 300 doses of each at the Comcast clinic.

Washing hands, covering your coughs, and staying home when you are sick are effective ways to reduce spreading and getting diseases. The best way to prevent illness is vaccination.

The flu season in Snohomish County is proving to be more severe than usual. Three adults in our county have died from flu complications in the past several weeks. Getting a current flu shot is the best way to protect yourself and others. Everyone 6 months and older should get a shot every year, since the flu vaccine changes to match the most common illnesses.

Vaccination is also the best protection against whooping cough. Whooping cough, also known as pertussis, is no longer at epidemic levels in Snohomish County, but cases of it are still being confirmed and it can still be deadly to babies. All adults who have not had a whooping cough booster shot should get one. It is especially important that all pregnant women and people – including teens – who are around newborns get the booster shot to protect the infant.

Download vaccine information sheets and consent forms in English and Spanish at www.snohd.org.

Visit www.flu.gov for more information about flu, and www.doh.wa.gov for statewide updates.

Established in 1959, the Snohomish Health District works for a safer and healthier community through disease prevention, health promotion, and protection from environmental threats. Find more information about the Health District at www.snohd.org. **###END###**