FOR IMMEDIATE RELEASE
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Media contacts:
Betsy Heightman, Director of Development    Triveni Sheshadri, Communications Specialist
760-631-5000 x 1139    760-631-5000 x 7196
betsy@vistacommunityclinic.org    tsheshadri@vistacommunityclinic.org

**Vista Community Clinic Offers Flu Clinics**

Vista Community Clinic will offer walk-in flu clinics at two locations. The seasonal flu vaccine will be available from 8 to 11 a.m. and 4 to 7 p.m. Wednesdays, Oct. 2 to Nov. 13 at 1000 Vale Terrace, Vista.

In Oceanside, the flu clinic will be open from 1 to 4 p.m. Mondays, Oct. 7 to Nov. 11 at 4700 North River Road.

Appointments are not necessary. The flu vaccine is free for clinic patients who are insured or meet income criteria and $15 for others. Last flu season, the clinic administered the vaccine to more than 11,000 area residents.

“The Centers for Disease Control now recommends a flu vaccine for anyone six months or older,” said Dr. Kelly Motadel, Chief Medical Officer of Vista Community Clinic. “Although some people are at particular risk for getting the flu infection or having complications from the disease, getting a flu vaccine is beneficial to just about everyone. It not only can keep you healthier this winter, but it can protect those around you who may be more vulnerable to severe disease.”

Other recommendations for staying healthy during the flu season include washing hands frequently, using your sleeve to cover the nose and mouth while coughing and sneezing, and avoiding contact with sick people.
The flu season begins in the fall and peaks in January and February. About 5 to twenty percent of Americans get the flu each year. Complications include bacterial pneumonia, ear and sinus infections and dehydration. The flu can also exacerbate chronic health conditions. For more information on Vista Community Clinic’s flu clinic, call (760) 631-5000.

About Vista Community Clinic: With five locations in the cities of Vista and Oceanside, Vista Community Clinic provides high-quality, low-cost healthcare to more than 57,000 uninsured and low- to moderate-income members of the North County community. One in four Vista residents and one in eight in Oceanside receive care from Vista Community Clinic. For more information, please call (760) 631-5000 ext. 0 or visit www.vistacommunityclinic.org.