

TOHONO O'ODHAM NATION HEALTH CARE

Sells Hospital P.O. Box 548 Sells AZ, 85634

For Immediate Release

September 22, 2020

Hospital & Health Centers

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Public Health Nursing After Hour Flu Clinics

Getting a influenza (flu) vaccine is more important than ever during 2020-2021 to protect yourself, your family, and our community from flu. A flu vaccine will be very important to reduce flu because it can help decrease the overall impact of respiratory illnesses on the Nation. September and October are good times to get a flu vaccine. It is highly recommended to get a flu vaccine before flu begins spreading in the community. It takes about 2 weeks to develop antibodies in your body to protect you from flu.

The upcoming after hour flu clinics will be held at the Tohono O'odham Plaza at the Bashas' parking lot on the following days:

- Wednesday, September 30th from 4:00 pm to 7:00 pm
- Wednesday, October 7th from 4:00 pm to 7:00 pm
- Wednesday, October 14th from 4:00 pm to 7:00 pm
- Wednesday, October 21st from 4:00 pm to 7:00 pm
- Wednesday, October 28th from 4:00 pm to 7:00 pm

Flu vaccines will be offered to those who are ages 6 months & up. Must wear a mask and practice physical distancing of 6 feet.

Free mask and hand sanitizer will be provided to those who receive a flu vaccine.

Remember to wash your hands often, always wear a mask/face covering and stay 6 feet away from others when in public, and stay home when you are sick.