



**FOR IMMEDIATE RELEASE**  
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## **FREE FLU VACCINE NOW AVAILABLE AT THE CUMBERLAND COUNTY HEALTH DEPARTMENT**

Crossville, Tenn. – The Cumberland County Health Department is offering flu vaccines at no charge to patients. Influenza activity is widespread in Tennessee, so it's extremely important for anyone over six months of age to get a flu shot now.

The flu vaccine is especially important for infants, young children, and pregnant women, adults over age 50 and for those with chronic medical conditions. The flu shot remains the best protection we have against influenza.

The Cumberland County Health Department clinic is currently offering flu vaccinations at no cost to patients until vaccine supplies are depleted. Patients may walk in to request a flu vaccine any time during regular clinic hours.

"Getting a flu vaccine is the best way to protect yourself, family members and others from the flu and help keep our community healthy," said Mindy Doyle, County Health Director. "We urge everyone who has not received a flu shot yet, to get one now."

It's also important to help prevent the spread of flu and other winter viruses by practicing good health habits:

- Wash hands thoroughly with soap and water or use an alcohol based hand sanitizer
- Cover your nose and mouth when coughing or sneezing
- Avoid touching your eyes, nose and mouth
- Stay home if you are sick

For more information about the flu and free flu vaccines, call the Cumberland County Health Department at (931)484-6196.

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Visit the Tennessee Department of Health online at <https://www.tn.gov/health>.

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