



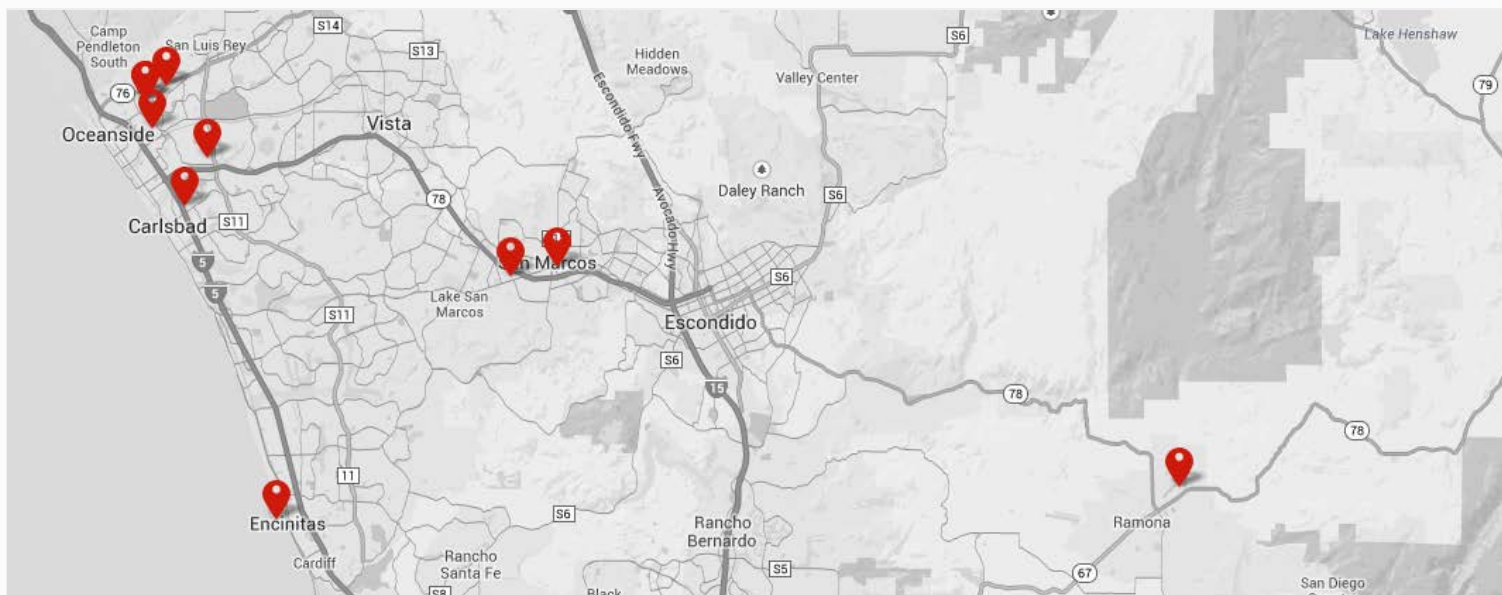
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North County Health Services in Encinitas Giving Free Flu Shots

NCHS provides no-cost, or free, flu shots to community members who are uninsured or covered by Medi-Cal.

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With flu season gearing up, the CDC recommends a flu shot to help prevent getting and spreading the influenza virus with the season beginning as early as October, which is why beginning October 1st, North County Health Services (NCHS) is proud to offer no-cost flu shots to the community at any of their medical clinic locations in North County.

NCHS provides no-cost, or free, flu shots to community members who are uninsured or covered by Medi-Cal. If you are covered by private insurance and choose not to bill your insurance, the cost is \$20 per flu shot. All clinic locations are ready to serve those in need of a flu shot and appointments are not necessary, walk-ins are welcome.

No-Cost Flu Shots

When: Beginning Oct. 1, throughout the flu season (while supply lasts)

Where: All NCHS medical clinic locations, www.nchs-health.org/health-services/locations/ for the clinic location nearest you

Why: Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others

Cost: No-cost flu shots available to the uninsured, or those insured by Medi-Cal, private insurance also accepted (if you have private insurance and choose not to use it, the cost is \$20 per flu shot)

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