

FOR IMMEDIATE RELEASE

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Grainger County Health Department Offering Free Flu Shots Oct. 15, in Fight Flu '24 Prevention Campaign

Rutledge, Tenn. – The Grainger County Health Department of the Tennessee Department of Health will be providing **free flu shots**, from **9:00 a.m. to 4:00 p.m.**, on **Tues., Oct. 15, 2024**, at the health department, **185 Justice Center Drive, Rutledge, TN 37861**, participating in the statewide **2024 Fight Flu** prevention effort.

“Receiving an annual flu vaccine is the best way to protect yourself and those around you from the worst outcomes of the flu virus,” **Director Garnet Southerland, Grainger County** said. “The flu vaccine is safe and effective and help prepare your body to fight against the flu virus and prevent it from spreading.”

Anyone age **six months or older** is eligible to receive a flu vaccine, and **appointments are not needed** at local health departments on **Oct. 15th** to receive a **free flu vaccine**.

The **flu virus** can move easily from one person to another and spreads through respiratory droplets in coughs and sneezes. The virus can be present on surfaces, such as doorknobs and countertops, and tissue paper for up to two days.

Pregnant women, infants, the elderly, and those with chronic medical conditions are at the **highest risk** of getting the flu and facing its severe complications. **Flu symptoms** can include mild to severe cough, fatigue, fever, headache, muscle aches, sore throat, and stuffy or runny noses.

Precautions to prevent the spread of the flu virus include proper **handwashing** with soap and water, **covering** coughs and sneezes with a tissue or the bend of an elbow, and **staying** home if you are sick.

More information is available on [TDH's Fight Flu webpage](#). For additional information about taking precautions against respiratory viral illnesses, like the flu, visit The TDH webpage at tn.gov/health/rvi.



*The mission of the **Tennessee Department of Health**, [tn.gov/health](https://www.tn.gov/health), is to protect, promote, and improve the health and well-being of all people in Tennessee.*

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