

NEWS RELEASE

News Contact:

Andrew Carothers, College of Marin, 415-485-9528, andrew.carothers@marin.cc.ca.us

FLU SHOTS AVAILABLE AT COLLEGE OF MARIN

KENTFIELD, Calif., Oct. 4, 2005—College of Marin will offer flu shots during the month of October in Kentfield and Novato. Shots will cost \$20.00, and will be available to anyone age 18 or older.

At the Kentfield campus, flu shots will be available every Friday October 14 through November 4 from 9:00 AM to noon, and on Wednesday, October 19 from 5:00 PM to 7:00 PM. Shots will be administered at the Dickson Hall Health Center.

At the Indian Valley campus in Novato, one flu shot clinic will be held on Wednesday, October 19, from 10:00 AM to 2:00 PM, at the Administrative Services building, room 121.

No appointment is necessary for the clinics. The shots will be administered by College of Marin registered nursing students. College of Marin does not bill insurance plans and is not a Medicare provider.

Anyone can get vaccinated to reduce the risk of contracting the flu. Health officials recommend the vaccine for people at high risk of having serious flu complications, or because they are in close contact with someone who is at high risk. Those at high risk include all adults over the age of 50, residents of nursing homes and other long-term care facilities, people who have chronic conditions and those living in the same house, and teachers, child care workers, and medical professionals. More information about the flu is available at www.cdc.gov/flu.

For more information about flu shots at College of Marin, contact the college Health Center at 415-485-9458.

About College of Marin

College of Marin has been providing exceptional educational opportunities for students of all ages since 1926. Each semester, nearly 8,000 students are enrolled in over 1,100 credit classes. An additional 6,000 students take advantage of the College's many outstanding community education and community services classes. The College administration is located in Kentfield, CA. The College also operates the Indian Valley campus in Novato, CA.