



Department of
Health

FOR IMMEDIATE RELEASE

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Putnam County Health Department Offering Free Flu Shots Oct. 20th for Fight Flu TN 2026

Cookeville, Tenn. – The **Putnam County Health Department** of the Tennessee Department of Health will be providing **free flu shots**, from **8 a.m. to 4 p.m.**, on **Tues., Oct. 20, 2026**, at **Putnam County Health Department, 701 County Services Dr. Cookeville, TN 38501** participating in the statewide **2026 Fight Flu** prevention effort.

All Tennesseans, ages six months and older, are encouraged to get an annual flu shot. 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.

[Click to visit the Fight Flu website](#) and visit the [Fight Flu event location map](#) to find the site closest to you and its hours of operation. On the event location map, enter your address and find the closest site for a free flu shot on Oct. 20th.

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