

DRIVE-THRU FLU CLINIC

It's that time of year again. Getting a seasonal flu shot is a proven way to help prevent the flu or lessen the severity and duration of flu-related illness.

When: Wednesday, October 31st **Noon -5:30pm**

Where: Alpine County Health and Human Services Parking Lot – 75 Diamond Valley Road

Cost: **FREE**



FLU MYTHS vs. FLU FACTS

For more flu myths and facts, go to www.cdc.gov/flu/keyfacts.htm or www.cdc.gov/flu/about/ga/misconceptions.htm

- MYTH** THE FLU SHOT CAN GIVE ME THE FLU
- FACT** FLU VIRUSES USED IN FLU SHOTS ARE INACTIVATED, SO THEY CANNOT CAUSE INFECTION
- FACT** GETTING THE FLU SHOT PROVIDES BENEFITS SUCH AS THE POTENTIAL TO REDUCE ILLNESS AND PREVENT TIME LOST FROM WORK
- MYTH** VACCINES ARE NOT PROVEN TO PREVENT THE FLU
- FACT** IF YOU GET THE FLU VACCINE, YOU ARE ABOUT 60% LESS LIKELY TO NEED TREATMENT FOR THE FLU
- MYTH** IT IS BETTER TO GET THE FLU THAN TO GET A FLU VACCINE
- MYTH** I SHOULD WAIT TO GET VACCINATED SO THAT I'M COVERED THROUGH THE END OF THE SEASON
- FACT** PEOPLE SHOULD GET A FLU SHOT AS SOON AS THEY ARE AVAILABLE BECAUSE IT TAKES ABOUT TWO WEEKS FOR ANTIBODIES TO DEVELOP

gsk do more feel better live longer