



# GSFC FLU SHOT CLINIC FOR CIVIL SERVANT & CONTRACTOR EMPLOYEES FREE OF CHARGE!

## Flu Season is Here. Get vaccinated to protect yourself and your family!

### WHEN:

Monday through Thursday 10:00 AM to 11:45 AM

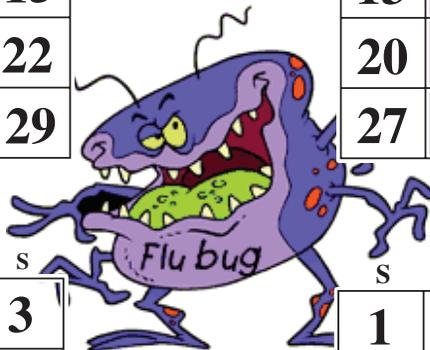
All Days Marked in **PURPLE** (Exception October 24th)

### October

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

### November

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



### December

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### January

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### WHERE:

All vaccinations will be held in **Building 97 Health Unit**

For Questions Call **301 286-6666** or **www.flu.gov**

**FLU CLINIC WILL BE OPEN ONLY TO BADGED CIVIL SERVANTS ONLY OCT 12th THROUGH OCT 26TH EFFECTIVE OCT 27, 2016 FLU CLINIC WILL BE OPEN TO BOTH GSFC BADGED CIVIL SERVANTS AND GSFC CONTRACTORS.**

Influenza (flu) is a contagious respiratory disease that infects the nose, throat, and lungs and can lead to serious complications, hospitalization, or even death. The flu also can cause certain health conditions, like diabetes, asthma, and heart and lung disease, to become worse. Even healthy people can become sick with the flu and experience serious complications.

Everyone 6 months and older should get an annual flu vaccine. It takes about two weeks after vaccination for your body to develop full protection against the flu. Flu vaccines are designed to protect against the main flu viruses that research suggests will be the most common during the upcoming season. This year's vaccine is designed **Quadrivalent Flu Vaccine** is designed to protect against four different flu viruses; two influenza A viruses and two influenza B viruses.

#### PREVENTION TIPS:

- Best way to prevent seasonal flu is to get vaccinated yearly
- Cover your mouth and nose with tissue when coughing and sneezing
- Avoid close contact with people who are sick. When you are sick, keep your distance
- Avoid touching your eyes, nose or mouth
- Get adequate sleep, manage stress, and drink plenty of fluids, and eat properly
- Wash your hands often

#### PREPARING FOR FLU VACCINE:

- You will be required to read and sign a consent form
- Please wear a short-sleeved shirt or one that can be easily rolled above the shoulder
- You will not be able to receive a flu shot if you had a prior adverse reaction to flu vaccine
- You will not be able to receive a flu shot if you are allergic to eggs or egg products, sensitive to any vaccine component, have an active neurological disorder, or have a fever, acute respiratory or active infection/illnesses.