

Flu Shots Prevent Loss of School, Work & Leisure Time

Get Your Flu Shot

Flu Shot Clinic:

Date: **Oct. 6, 2009**

Time: **11:00am-1:00pm**

Date: **Oct. 7, 2009**

Time: **4:00pm-6:00pm**

Location:

**American River College
Cafeteria Banquet Room 1
Cost: \$25**



**1-800-500-2400
www.suttervna.org**



- **Flu shots protect you** from the flu and related complications.
- **You cannot get flu from a flu shot.**
- **Who should not get a flu shot?** Anyone allergic to eggs or egg products or has had a severe reaction to a flu shot in the past.
- **Preservative-free flu shots will be offered to** anyone allergic to Thimerosal (contact lens solution) and to those who are pregnant or nursing.