



**Get the Flu Shot - Not the Flu!**

# Flu Clinic

**Friday, October 19, 2018**

**8 a.m. - 10 a.m.**

**Germantown Neighborhood Ctr.  
366 Palmer Street  
Quincy, MA**

**Walgreens Pharmacy, Germantown Neighborhood Center** and **Manet Community Health Center** are pleased to work together to offer flu shots to local residents. Getting the flu shot is the best way to protect your health and the health of your loved ones during flu season.

## **Actions To Take This Flu Season:**

- **Get Your Flu Shot** CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. Everyone 6 months of age and older should get a flu vaccine as soon as the current season's vaccines are available.
- **Practice good health habits** including covering coughs, washing hands often, and avoiding people who are sick.
- **Seek medical advice quickly if you develop flu symptoms** to see whether you might need medical evaluation or treatment with antiviral drugs.

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever.

**Walgreens**

550 Adams St., Quincy  
617-770-3435



**South Shore  
YMCA  
Germantown**



**Manet Community Health Center**  
617-376-3000  
[www.manetchc.org](http://www.manetchc.org)

