



# Flu Clinic

Thursday, October 4, 2018

9 – 11 a.m.

Taunton Council on Aging  
30 Olney Street, Taunton, MA

Participants must be 60+ years of age and reside in Taunton. Please bring positive ID and Medicare and/or health insurance card.

## Get the Flu Shot - Not the Flu!

The City of Taunton Council on Aging and Manet Community Health Center are pleased to offer flu shots to Taunton seniors. 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** Vaccination is especially important for people 65 years and older because they are at high risk for complications from flu.
- **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.

**For more information about the Flu Clinic, call 508-821-1425.**