Safety Measures for All

AFFILIATED PHYSICIANS
ON-SITE VACCINATION AND WELLNESS SERVICES

Tips to Prevent the Flu

1. Get Vaccinated!

2. Avoid close contact.
Avoid close contact with people who are sick. When you are sick keep your distance from others to protect them from getting sick too.

3. Stay home when you are sick.
If possible, stay home when you are sick, and encourage employees or co-workers to do likewise.

4. Cover your mouth and nose.
Cover your mouth and nose with a tissue when coughing or sneezing.

5. Clean your hands.
Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol based hand sanitizer.

6. Avoid touching your eyes, nose or mouth.
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

7. Practice other good health habits.
Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.

Get Your Flu Shot on:

Thursday

November, 29

1:00-3:00 pm

Company Name
is offering free flu shots for employees.

Date: November 29th
Time: 1:00 PM - 3:00 PM
Location: Cafeteria

To make an appointment, visit:
Registration Link
or call Affiliated Physicians at 866-481-4391 (8 am to 6 pm ET).