You Are in Control:

AFFILIATED PHYSICIANS
ON-SITE VACCINATION AND WELLNESS SERVICES

Actions to Fight the Flu

1. Get your flu shot

According to the Centers for Disease Control and Prevention (CDC), getting vaccinated is the single best way to help prevent influenza. Studies have shown that the flu vaccine is up to 90% effective in preventing the flu, and drastically reduces flu symptoms and complications in those who get the flu. By getting your flu shot, you will stop the virus in its tracks and protect your family, friends and co-workers from the flu.

2. Take everyday preventive actions to stop the spread of germs

You can get the flu and easily pass it on to others before you even know that you have it! Wash your hands often with soap and water, or use alcohol-based hand sanitizer. If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities.

3. Take flu antiviral drugs if your doctor prescribes them

If you get the flu, antiviral drugs can treat your illness. It's very important that the antiviral drugs be used early (within the first 2 days of symptoms) to treat people who are very sick, have chronic health conditions and/or increased risk of severe flu illness (e.g., pregnant women), young children and people 65 and older.

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).