



DON'T GET THE FLU. DRIVE ON THRU!

ROLL DOWN YOUR WINDOW, ROLL UP YOUR SLEEVE,
~THEN ROLL ON DOWN THE ROAD~

WHO

Participants 9 years and older.

WHAT

Free flu shots &
windshield / headlight washing.

WHEN

5:30 – 8 P.M.

No appointment necessary

Tuesday, September 17
Wednesday, September 18
Tuesday, September 24
Thursday, October 3
Wednesday, October 9

WHERE

Alaska Regional Hospital
C Building parking lot
2801 DeBarr Road
Anchorage, AK 99508
(in vehicles please - no walk-ups)



www.alaskaregional.com



BENEFITS OF FLU VACCINATION

- Annual vaccination is still the best way to protect yourself, your family, and people vulnerable to serious flu illness (older adults, children under 5 years, pregnant women, and people with chronic health conditions).
- The flu vaccine may make your illness milder if you do get sick.
- Flu vaccination can reduce the risk of more serious flu outcomes, like hospitalizations.
- The CDC recommends everyone get a flu shot each year.

VACCINE INFO

- **Quadrivalent** (designed to protect against two influenza A and two influenza B viruses).
- **No latex or thimerosal.**
- The **“high dose”** flu vaccine (for people 65 and older) **will** be available at this event.
- There are many flu viruses, flu vaccine protects against what researchers suggest are most common.
- It takes approximately 2 weeks to build up immunity after getting a flu shot.
- You cannot get the flu from the vaccine.
- Questions? Call Ruth: 264-1823