



# 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

Thursday, September 20

Wednesday, September 26

Thursday, September 27

Tuesday, October 2

Wednesday, October 3

## WHERE

Alaska Regional Hospital

C Building parking lot

2801 DeBarr Road

Anchorage, AK 99508

(in vehicles, please - no walk-ups)



[www.alaskaregional.com](http://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 4 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 not be available at this event.
- The flu vaccine has been modified by WHO (World Health Organization) for the 2018-2019 season.
- 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