

**SUDBURY HEALTH DEPARTMENT**  
*Flu Season is Around the Corner*

**SUDBURY FLU VACCINE CLINICS 2019**

- **SUDBURY RESIDENTS**
- **AGES 5 & UP**
- **BRING A COPY OF YOUR INSURANCE CARD**
- **WEAR A SHORT SLEEVE SHIRT**

DATE	TIME	AGE	LOCATION	REGISTRATION
<b>Thursday, OCTOBER 10</b>	11am-2pm (seniors)  5pm-7pm (ages 5 and up)	Ages 5 years & up	Fairbank Community Center Gym 40 Fairbank Road	Appointment necessary. Call 978-443-3055 to schedule.
<b>Wednesday, OCTOBER 16</b>	2pm-7pm (Open to all Sudbury Residents)	Ages 5 years & up	Curtis Middle School 22 Pratts Mill Road	No Appointment Necessary. Walk-in clinic.

**WHAT IS THE FLU?**

Influenza (“flu”) is a *contagious disease that spreads around the United States every year*, usually between October and May.

Flu is caused by influenza viruses, and is *spread mainly by coughing, sneezing, and close contact*.

Anyone can get flu. Flu strikes suddenly and can last several days. Symptoms vary by age, but can include:

*fever/chills, sore throat, muscle aches, fatigue, cough, headache, runny or stuffy nose*

**HOW CAN FLU VACCINE HELP?**

Flu vaccine can:

1. *Prevent* you from getting flu.
2. Make flu *less severe* if you do get it.
3. *Keep you from spreading* flu to your family and friends.



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