On Flu Clinic Day, Don’t Forget to Bring Your…

- Photo ID
- Insurance Card
- Completed Vaccine Consent Form (download from TimesPharmacy.com)
- Loose Short Sleev ed Clothing (for easy shoulder access)
- Clean and disinfect frequently touched surfaces at home and work

Please inform the pharmacist if you are not feeling well on the day of the flu clinic.

Be A Flu Fighter!

- Get vaccinated each year
- Avoid close contact with people who are sick
- Wash your hands often or use an alcohol-based hand sanitizer
- Cover your mouth and nose when coughing or sneezing
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect frequently touched surfaces at home and work

Did You Know…

- The flu vaccine cannot give you the flu
- It takes about two weeks to get protection from the flu vaccine
- The flu virus can survive on surfaces between 2 and 8 hours
- Protecting yourself from the flu also protects the people around you

Join us on Facebook to learn more tips on fighting the flu:
@TimesSupermarkets
#FluFighterAtWorkplace
#BeAFluFighterTIMES

Be a Flu Fighter!
www.TimesPharmacy.com