

SAY "NO" TO THE FLU



FREE FLU VACCINATIONS

For community members 6 months and older.

In partnership Monterey County Health Department

Wednesday, November 6
5–8 p.m.

Hartnell Professional Center
576 Hartnell Street, Monterey

Follow these simple suggestions to decrease the risk of flu, or reduce its length and severity.

- Get a flu shot
- Wash your hands
- If you do get ill, limit exposure to others stay home
- Cough into your elbow



Community Hospital
of the Monterey Peninsula
Montage Health

Visit chomp.org/flu for flu facts, and where to get your flu shot.