

## IT'S TIME TO PREPARE FOR FLU SEASON

**I**t may be another Indian Summer in San Francisco but don't let the nice weather fool you. Flu season is on its way and it's time to take precautions against this pesky and sometimes pestilent virus.

During [Given Time], [Department Name] is offering [Company Name] staff free influenza vaccinations at [Site Names].

The flu, an acute viral infection affecting the entire body with symptoms that include fever, chills, headache, sore throat, cough, gastrointestinal difficulties and muscle aches, is responsible for the loss of about 69.3 million working days each year in the United States. Pneumonia and influenza together are the third leading cause of death for all San Franciscans. Stay healthy, get vaccinated!

It is especially important that people at higher medical risk get vaccinated. If you are pregnant, 50 years or older, have chronic lung, liver, kidney, or heart conditions, have asthma, diabetes, anemia, or a weakened immune system, then you are at higher medical risk for flu complications.

Get the shot, not the flu!

Influenza vaccinations will be available for free at the times and locations noted below.

**Site #1**  
**Day, Date** ..... **Time/Location** ....

**Site #2**  
**Day, Date** ..... **Time/Location** ....

**Site #3**  
**Day, Date** ..... **Time/Location** ....