

IS THE FLU BUG BOTHERING YOU?



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

FREE FLU VACCINATION CLINIC

Saturday, December 15

10 a.m.–1 p.m.

Montage Medical Group
2 Upper Ragsdale, Building A
Monterey

Ages 6 months and older

Get the flu shot today.

Visit chomp.org/flu for flu facts, local resources and where to get the vaccine.



Community Hospital
of the Monterey Peninsula
Montage Health