

Perquimans County Center for Active Living

1072 Harvey Point Road

Hertford, NC 27944

(252) 426-5404

Flu Vaccine Clinic

Wednesday, October 25, 2023

9 am —12 Noon

Our local Albemarle Regional Health Services team will provide a Flu Vaccine Clinic.

Please register for this opportunity by October 13.

(Additional openings may be available)

Please inquire even after October 13.

Medicare/Insurance will be billed.

Uninsured will have to provide payment for this vaccine. Please specify high or regular dose requested.

PREVENT THE SPREAD OF THE FLU

Besides getting vaccinated, the CDC recommends taking these steps:



■ **Avoid contact** with sick people.



■ If you have flu-like symptoms, **stay home** until 24 hours after the symptoms disappear.



■ Disinfect surfaces and **wash your hands** often with soap and water.



■ **Avoid touching** your eyes, nose and mouth, as germs spread faster that way.



■ **INSTEAD,** cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue away.

**All programs and activities at this center are for Perquimans County Members only.*