

FREE Flu Shots

The OHC is offering *FREE* flu shots.

ATTENTION: Eligible Members, Eligible Dependents (ages 2 and up), and Retirees

There are several upcoming events hosted by the Operators' Health Center (OHC):

→ **AVOID THE FLU** Please schedule your appointment at the OHC today and *avoid getting bit by the flu bug*. Flu shots will be available at the following select District Offices:

Saturday, November 19, 2016 –
District 1 (10am – Noon)

Saturday, December 10, 2016 –
District 7 (10am – Noon)

Saturday, January 14, 2017 –
District 1 (10am – Noon)

→ **MORE VACCINES** You can also schedule a provider appointment at the OHC to determine if you are a candidate to receive **FREE** shingle and pneumonia vaccines.

→ **RETIREE CLUB MEMBERS** The OHC staff may also visit your club meetings to host flu shots if there is enough interest. Please contact your Retiree Club Member leader to sign-up.

WIN a Garmin,
Vivofit Fitness Band!!

→ **RAFFLE EVENT
FOR THE MONTH OF
OCTOBER** Schedule an

appointment at the OHC (including patient portal appointments) and you will be entered into a **FREE** raffle. The raffle drawing will be held at the end of October to win a Garmin, Vivofit Fitness Band!!



708-485-2273 (CARE)

FLU SHOT MYTHS

→ *The flu shot can give me the flu*
– MYTH – Flu vaccines are inactivated, so they cannot cause infection

→ *It is better to get the flu than to get the flu vaccine*
– MYTH – The vaccine reduces illness and prevents time lost from work

→ *Vaccines are not proven to prevent the flu*
– MYTH – You are 60% less likely to need treatment for the flu

→ *I should wait to get vaccinated so that I'm covered throughout the end of the season*
– MYTH – You should get the shot as soon as they are available because it takes two weeks for the antibodies to develop

ARE YOU HIGH RISK FOR THE FLU?

Pregnant women
People with health conditions
Seniors
Travelers and people living abroad
People with disabilities

HOURS OF OPERATION

Mon., Tues., Wed., Fri.: 9am-5pm (last appt. 4pm)
Thurs.: 10am-7pm (last appt. 6pm)
Sat.: 8am-12pm (last appt. 11am)
Tues., Sat.: 7am-9am (lab blood draws only)

SCHEDULING APPOINTMENTS

→ Online Patient Portal at
<https://myhealthcenterhome.com/sites/ohc>
→ Call 708.485.2273 (CARE)



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