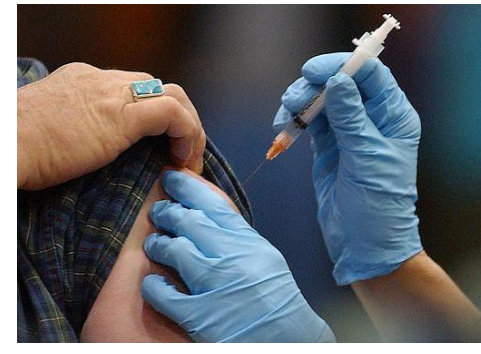




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# Prevent Cold & Flu



# Flu facts

- 5-20% of the U.S. population gets the flu each year
- More than 200,000 people are hospitalized
- Avg. 36,000 die due to complications from the flu.



# Spreading Cold and the Flu...



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Touching infectious respiratory secretion on skin and on surfaces and then touching eyes or nose.

Inhaling particles of respiratory secretions floating in the air (Sneezing and coughing).

Therefore, it is possible to give someone the flu before you know you are sick as well as while you are sick.

Healthy adults may be able to infect others 1 day before getting symptoms and up to 5 days after getting sick.

# Prevention

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- **GET YOUR FLU SHOT**
  - **Avoid close contact**
  - **Stay home when you are sick**
  - **Cover your mouth and nose**
  - **Clean your hands - OFTEN!!**
  - **Avoid touching your eyes, nose and mouth**
  - **Practice other good health habits**
- 
- A decorative graphic at the bottom of the slide consists of several overlapping, wavy lines in shades of red, orange, and grey, creating a modern, abstract border.

# Who should get a flu Shot?

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- **Everyone! And in particular....**
  - People in contact with very young or very old
  - People 50 years or older.
  - Have chronic diseases.
  - Have diabetes
  - Have an immune system deficiency.
  - Have severe anemia.
  - Pregnant women
  - People who live or work in a health care facility
  - People who visit a health care facility

# WorkSite Flu Clinics

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- October 12<sup>th</sup>-November 1<sup>st</sup>
- No cost
- You **MUST** show your DOE badge
- See schedule for a convenient location

....remember to wear short sleeves!!

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# 2011 Flu Clinic Schedule



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Date	Wkday	Time	Location
12-Oct	Wednesday	9:00 AM - 3:00 PM	200 East, 2101 M Cosmos/Bijou Rm.
13-Oct	Thursday	9:00 AM - 3:00 PM	Federal Building , 825 Jadwin Ave., Rm 142—Conf. Rm 152
17-Oct	Monday	7:30 AM - 10:30 AM	200 West, MO 648, 222 S Lab Area
17-Oct	Monday	11:30 AM - 2:30 PM	200 West, MO 278, Conf. Rm. A113
18-Oct	Tuesday	7:30 AM - 10:00 AM	200 West, MO 720, OPS Rm.
18-Oct	Tuesday	11:30 AM - 2:00 PM	HAMMER, Administration Bldg, Rm 29
19-Oct	Wednesday	7:30 AM - 9:00 AM	100 N, 1103N Bldg, Conf. Rm. A/B
19-Oct	Wednesday	10:30 AM - 1:30 PM	200 East, MO 511
20-Oct	Thursday	7:30 AM - 10:00 AM	200 West, PFP, MO 250
20-Oct	Thursday	12:00 PM - 3:00 PM	1200 Jadwin, Conf. Rm. B1

*No Cost  
to YOU!*

# 2011 Flu Clinic Schedule



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24-Oct	Monday	9:00 AM - 1:00 PM	200 East, 2750 E. Conf. Rm. B101
24-Oct	Monday	2:00 PM - 4:00 PM	200 West, ERDF, Bldg 6250, POD Meeting Rm.
25-Oct	Tuesday	9:00 AM - 2:00 PM	300 Area, 3760 Bldg, Conf. Rm. 101A
26-Oct	Wednesday	8:00 AM - 2:30 PM	2440 Stevens, Conf. Rm. 1200
27-Oct	Thursday	8:00 AM - 11:00 AM	200 East, 2704HV, Rm. G108
27-Oct	Thursday	12:30 PM - 3:00 PM	2620 Fermi, Conf. Rm. D109
31-Oct	Monday	7:30 AM - 10:00 AM	100K, MO 500, Conf. Rm. East
31-Oct	Monday	11:30 AM - 2:30 PM	200 East, 2101M Cosmos/Bijou Rm.
1-Nov	Tuesday	12:30 PM - 3:30 PM	300 Area, 3760 Bldg, Conf. Rm. 101A

SHOTS WILL BE AVAILABLE FOR SHIFT WORKERS AT THE 200W HEALTH CARE CENTER, 2719WB  
Oct. 12—Nov. 1, 2011: Monday-Friday - 5:00 pm—10:00 pm, Saturday and Sunday - 8:00 am—2:00 pm





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# Resources

Flu Clinic Hotline: 376-1000

CSC Website: [www.hanford.gov/amh](http://www.hanford.gov/amh)

Benton Franklin Health Department

[www.flu.gov](http://www.flu.gov)

For more information or to schedule a guest speaker,  
please contact:

Health Education:	376-3939
Flu Clinic Hotline:	376-1000
Risk Communication:	372-0407