



DON'T GET THE FLU. DRIVE ON THRU!

ROLL DOWN YOUR WINDOW, ROLL UP YOUR SLEEVE,
~THEN ROLL ON DOWN THE ROAD~

WHO

Participants 9 years and older

WHAT

Free flu shots &
windshield / headlight washing

WHEN

5:30 – 8 P.M.

Thursday, October 1

Tuesday, October 6

Friday, October 16

Wednesday, October 21

9 A.M. - Noon

Saturday, October 10

No appointments necessary

WHERE

Alaska Regional Hospital

C Building parking lot

2801 DeBarr Rd

Anchorage, AK 99508

*All passengers in vehicles must wear masks.
No walk-ups please.*



www.alaskaregional.com



BENEFITS OF FLU VACCINATION

- Annual flu shots are the best way to protect yourself and others from the flu and especially if you have cardiovascular disease, diabetes, pulmonary or other chronic diseases; plan to be pregnant during flu season, are immunocompromised; and 50yrs or older.
- The flu vaccine may make your illness milder if you do get sick.
- Flu vaccination can reduce the risk of more serious flu outcomes, like hospitalizations.

VACCINE INFO

- Getting a flu shot this year is more important than ever! (But does not protect against COVID-19).
- Both the standard dose and high dose are quadrivalent, designed to protect against four viruses.
- Does not contain latex or thimerosal.
- The **“high dose”** flu vaccine (for people 65 and older) **will** be available at this event.
- There are many flu viruses, flu vaccine protects against what researchers suggest are most common.
- It takes approximately 2 weeks to build up immunity after getting a flu shot.
- You cannot get the flu from the vaccine.
- Questions? Call Ruth: 264-1823