



# Announcing Free Flu Vaccine for State Employees

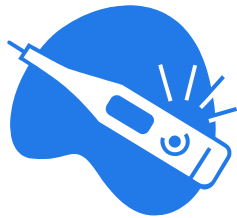


## Tips for FLU PREVENTION

- Wash your hands often
- Sneeze into your elbow, not your hand
- Stay home if sick

### Flu Symptoms

- Fever
- Chills
- Cough
- Sore Throat
- Body Aches
- Head Ache
- Fatigue



### Resources

[www.cdc.gov](http://www.cdc.gov)  
[www.nih.gov](http://www.nih.gov)  
[www.vdh.virginia.gov](http://www.vdh.virginia.gov)

## FLU VACCINE

### Should I get the flu vaccine?

- Yes, but if you have special concerns, please contact your doctor

### Where do I go to get the flu vaccine?

- Your doctor or participating pharmacy if you are in one of the state health plans
- Your doctor or medical center if you are in the Kaiser HMO

### What pharmacies are participating?

- See the list of participating pharmacies online at [www.dhrm.virginia.gov](http://www.dhrm.virginia.gov)
- Check the list often for most current list

### Will H1N1 shots be available?

- Vaccine is not available yet
- H1N1 will be a separate shot
- Stay tuned for developments