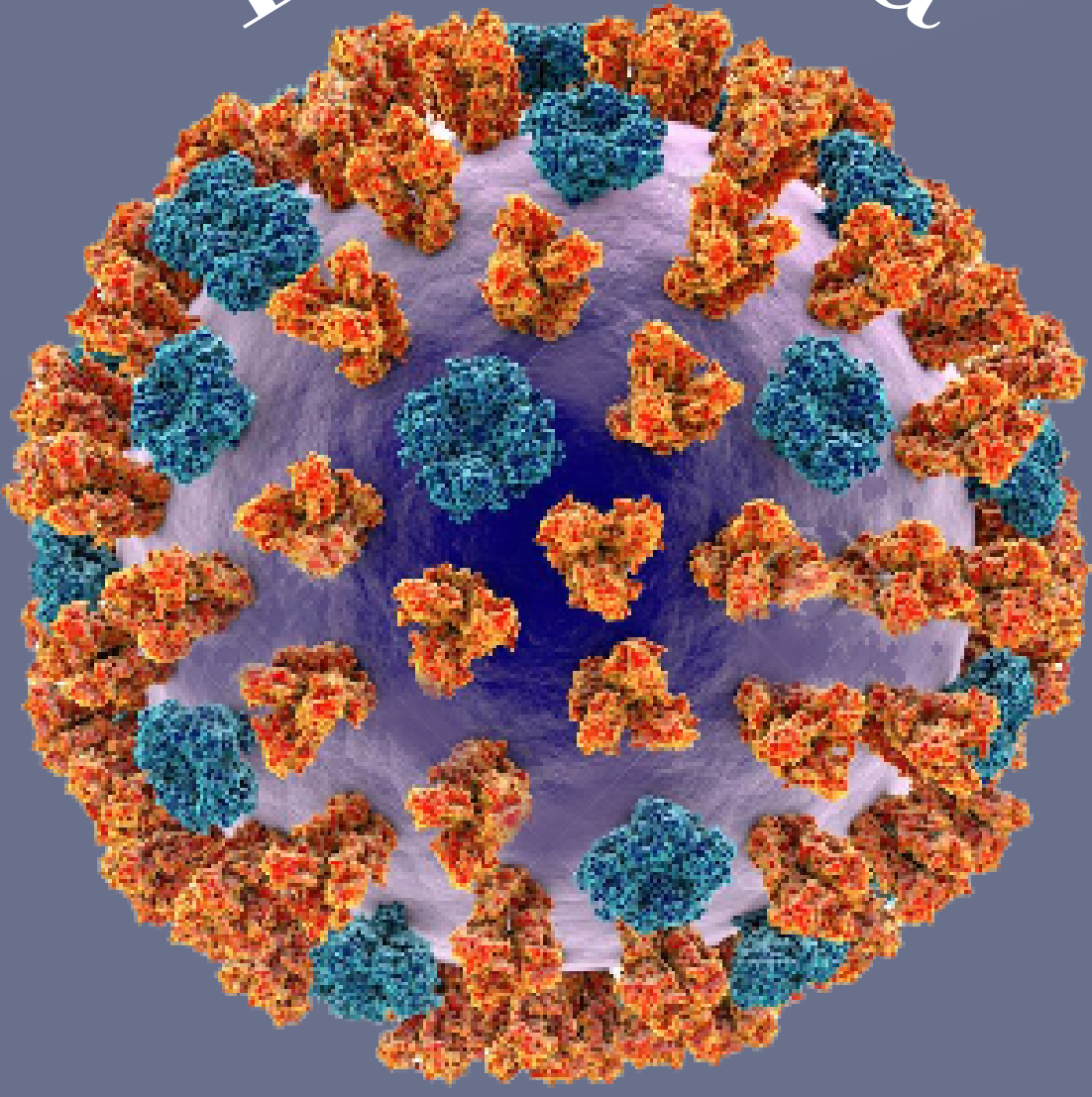


1. Know the Difference between the Flu & COVID-19
2. Myths & Facts about the Flu Virus
3. How the Flu virus is spread
4. Flu Prevention
5. Where to get your FLU VACCINE

# KNOW THE DIFFERENCE

*Influenza*



Fever

Cough

Sore Throat

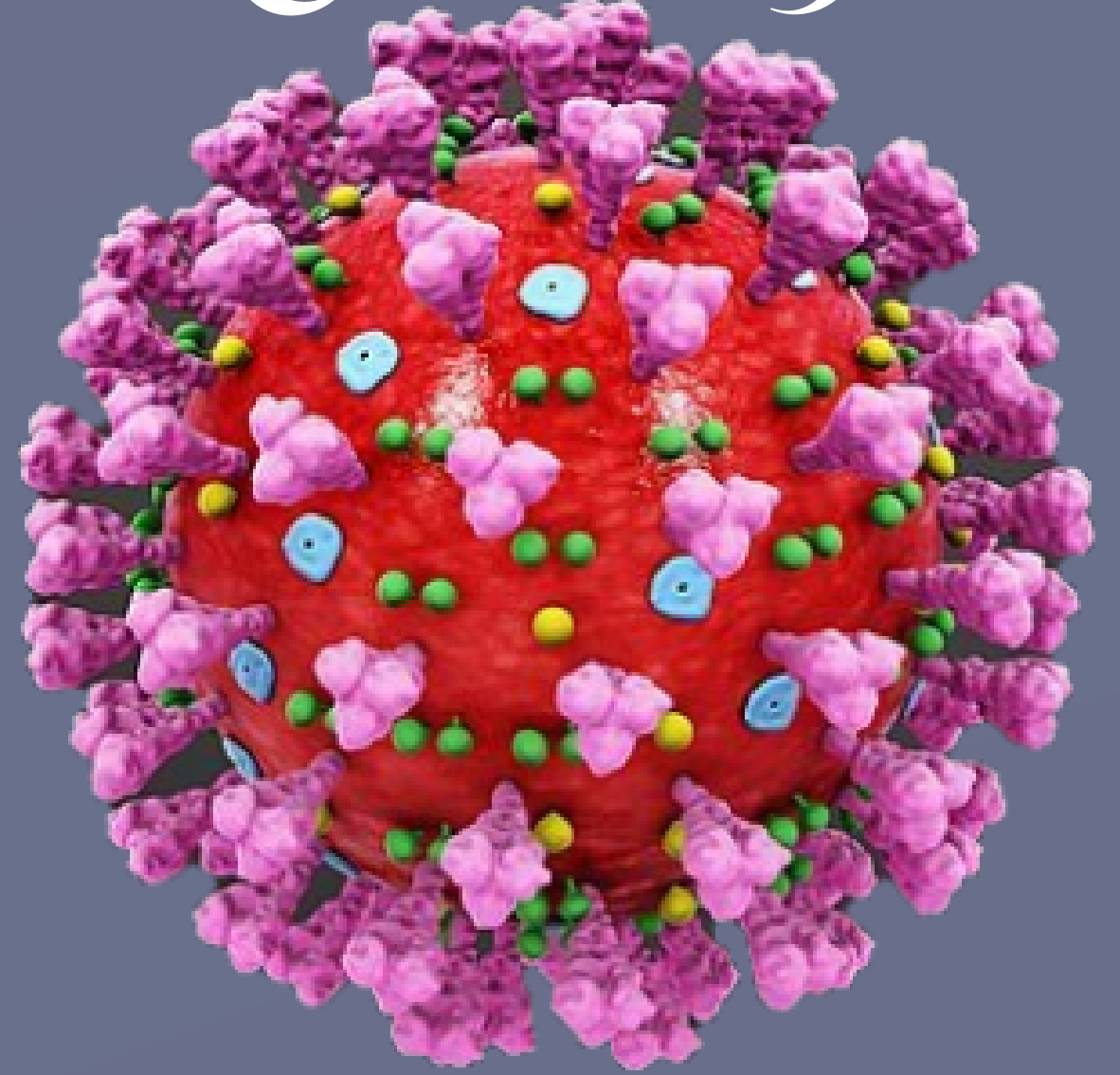
Headaches

Fatigue

Muscle | Body Aches

Stuffy Nose

*Covid-19*



Fever

Cough

Shortness of breath

Fatigue



# FLU MYTHS & FACTS

## MYTH

THE FLU SHOT  
CAN GIVE ME  
THE FLU

## FACT

FLU VIRUSES USED  
IN FLU SHOTS ARE  
INACTIVATED, SO  
THEY CANNOT CAUSE  
INFECTION

## FACT

GETTING THE FLU SHOT  
PROVIDES BENEFITS  
SUCH AS THE POTENTIAL  
TO REDUCE ILLNESS AND  
PREVENT TIME LOST  
FROM WORK

## MYTH

VACCINES ARE  
NOT PROVEN  
TO PREVENT  
THE FLU

## FACT

IF YOU GET THE FLU  
VACCINE, YOU ARE  
ABOUT 60% LESS LIKELY  
TO NEED TREATMENT  
FOR THE FLU

## MYTH

IT IS BETTER TO  
GET THE FLU THAN TO  
GET A FLU VACCINE

## MYTH

I SHOULD WAIT TO  
GET VACCINATED SO  
THAT I'M COVERED  
THROUGH THE END  
OF THE SEASON

## FACT

PEOPLE SHOULD GET A  
FLU SHOT AS SOON AS  
THEY ARE AVAILABLE  
BECAUSE IT TAKES ABOUT  
TWO WEEKS FOR  
ANTIBODIES TO DEVELOP



# HOW DOES THE FLU SPREAD?



Flu viruses spread mainly from person to person through coughing, sneezing, or interacting closely with someone who has the flu virus.

The Flu virus is transmitted by respiratory aerosols (droplets) loaded with the virus that is expelled during coughing and sneezing.

Anyone with the flu can spread it to others up to approximately 6 feet away.





# FLU PREVENTION TIPS



**INFLUENZA** is the only respiratory virus preventable by vaccination.

**STAY HOME** until your fever is gone for 24 hours without using fever-reducing medicine.

**KEEP HANDS CLEAN** by washing with soap and water or using hand sanitizer.

**EXERCISE** boosts your immune system and speeds recovery from illness.



# FLU VACCINE LOCATIONS

## Walgreens

1025 S Milton Rd. | Flagstaff AZ 86001

2610 E Route 66 | Flagstaff, AZ 86004

Open Mon–Fri 8am to 10pm | Sat 9am to 7pm | Sun 10am to 6pm

Available for adults and children 3 and up

Free with Insurance

No appointment required; walk-ins accepted

## Safeway

1201 S Plaza Way | Flagstaff AZ 86001

1500 E Cedar Ave | Flagstaff, AZ 86004

4910 N Hwy 89 | Flagstaff, AZ 86004

Open Mon–Sat 8am to 7pm

Available for adults and children 3 and up

Free with Insurance

No appointment required; walk-ins accepted

## Fry's Food Store

201 N Switzer Canyon Dr | Flagstaff AZ 86001

Open Mon–Fri 9am to 8pm | Sat 10am to 5pm | Sun 10am to 5pm

Available for adults and children 3 and up

Free with Insurance

No appointment required; walk-ins accepted

## North Country Healthcare

2920 N. 4th Street, Flagstaff AZ 86004

Open Mon–Fri 8am to 5pm

Available for adults and children

Accept Cash, checks, credit and insurance

No appointment required; walk-ins accepted

Free with insurance. \$25 without insurance

## NACA Family Health Care

2717 North Steves Boulevard, Suite 11, Flagstaff, AZ 86004

Open Mon–Thur 8am to 6pm | Fri 8am to 5pm

Available for adults and children

Accept Cash, checks, credit and insurance

No appointment required; walk-ins accepted

NACA Inc. accepts most private insurances as well as Medicare and Medicaid. Additionally, we provide services for visitors who plan to self-pay and do apply a sliding fee scale to those who qualify.

## Sacred Peaks Health Center

West- 1338 W Forest Meadows St, Flagstaff, AZ 86001

East- 6300 US-89, Flagstaff, AZ 86004

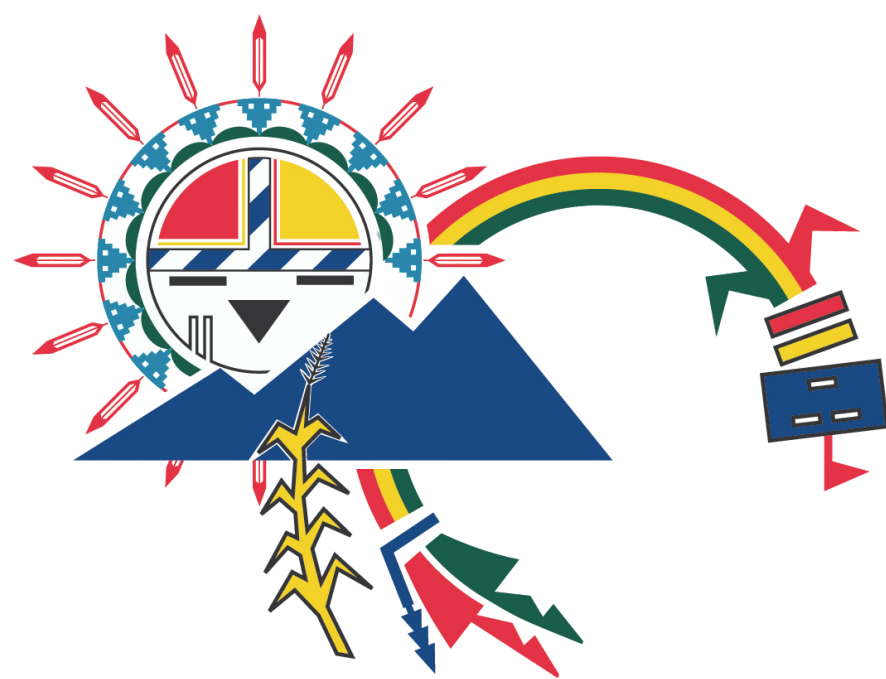
Adult Flu Shot Drive Through – Must be 9 years or older

Mon–Fri 9am to 12pm 1pm to 4pm

Pediatric Flu Shot Drive Through – Ages 6months to 18yrs

Mon–Fri 3:30pm to 4:30pm





**Sacred Peaks  
Health Center**



**NORTH COUNTRY**  
**HealthCare**

**fruy's**

*Walgreens*

Trusted since 1901™



**NACA**  
Family Health Center

**SAFEWAY** 