

**BE PREPARED COUNTY OF SAN BERNARDINO!**



*Get your*

# ***FREE Flu Shot or FluMist***

***and discover your local community POD site***

*A Point of Dispensing (POD) site is a location where the community can go to receive medication and or vaccinations during a public health emergency, such as a pandemic influenza or bioterrorism.*

**Highland Senior Center Health Fair**

**3102 E Highland Ave, Highland**

**Thursday, October 8, 2015**

**9:00 am to 12:00 pm**

## Vaccine Guidelines

**Flu shot** will be provided to:

**Adults:**

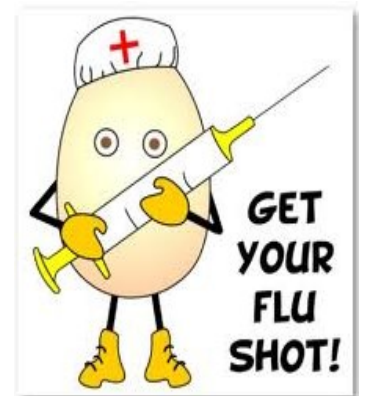
- Men, women, senior citizens and pregnant women

**Children:**

- 3 years and older
- A parent or guardian must accompany children under 18 years old
- Children under 9 years old, may require two (2) doses of flu vaccine (4 weeks apart) based on prior vaccination history

**FluMist intranasal vaccine** may be provided to:

- Healthy persons from 2 to 49 years of age, and not pregnant



For more information contact the County of San Bernardino, Department of Public Health, Preparedness & Response Program at 909-252-4406