



Marlborough Board of Health
140 Main Street, Marlborough, MA, 01752

The Marlborough Board of Health will be offering flu vaccine on Friday, October 13th, 2017 from 10am - 4pm., at the Senior Center.

- Wear short sleeves, and please bring your insurance card.
- There is a limited number of "High Dose" vaccine for those 65 and older. If you are interested in receiving a dose of this vaccine, please sign up for it as you are checked into the clinic.



If you have diabetes, heart disease or have had a stroke, you need to take steps to fight the flu.

- **Get a Flu Vaccine**
 - Vaccination is the first and most important step in protecting against the flu. Even if you don't have a regular doctor or nurse, you can get a flu vaccine.
 - Flu shots are approved for use in people with heart disease and other health conditions. Flu vaccination has been associated with lower rates of some cardiac events among people with heart disease.
- **Take everyday preventive actions to stop the spread of flu:**
 - Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue away after using it;
 - Wash your hands often with soap and water, especially after coughing or sneezing;
 - Avoid touching your eyes, nose, and mouth (germs are spread that way); and
 - Stay home when you are sick, except to get medical care. If you are sick with flu-like symptoms you should stay home for 24 hours after your fever is gone (without the use of fever-reducing medicine).
 - Everyday preventive actions can protect you from getting sick and, if you are sick, can help protect others from catching your illness.

Thank you. For more information on the importance of getting your Flu Shot go to: <https://www.cdc.gov/flu/index.htm>