



Central Coast
Visiting Nurse Association & Hospice
People... they've mattered to VNA & Hospice... since 1951.

FOR IMMEDIATE RELEASE

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THE FLU ENDS WITH "U"



Madagascar's Melman, a certified germ-a-phobe

Wednesday, November 3, 2010. You know you need to do it...you can't put it off any longer...it's just that time of year. The Centers for Disease Control and Prevention (CDC) is recommending that **EVERYONE** get a flu vaccine this year. You can be prepared for the season by getting your flu vaccine or flu-mist from the VNA nurses at Del Monte Center in Monterey. It's that easy, just drop by the mobile van and then be on your way to early shopping for the holidays.

Get vaccinated on Saturday, November 6th at the 1410 Del Monte Center in Monterey from 10am -1pm. Immunizations are available to ages 2 and up. The flu vaccine and flu-mist are each available for \$30.00 apiece and are covered by Medicare Plan B. You're asked to bring your card with you in order to receive the vaccine.

Other vaccinations that will be available include: Tetanus-diphtheria-pertussis (whooping cough) for \$70.00 and a Pneumonia vaccine, for those over age 65, which is covered by Medicare Plan B.

Individuals may also receive vaccination at a regularly scheduled Walk-in Clinic on Fridays 11am-2pm, from now through– November 19th at the Visiting Nurses Association at 5 Lower Ragsdale Drive in Monterey. No appointment is necessary.