



# Parents and kids, stay healthy this flu season!

**Influenza (the flu) is serious, and you can get it from any infected person.**

You and your family (anyone 6 months and older) can get protected with free flu shots from Prisma Health. Flu shots will be given at drive-thru clinics throughout the Midlands (except for the Prisma Health Beaman Auditorium on the Baptist campus). Please wear loose-fitting clothing that can easily roll up.

Consent forms are required and available at each site. A valid driver's license or photo ID also is required. Children under the age of 16 require a parent/guardian signature. Flu shots are available on a first-come, first-served basis. *See the reverse side for more information.*



**Saturday, Oct. 7, 9 a.m.–1 p.m.**

Lower Richland High School  
2615 Lower Richland Blvd., Hopkins, SC 29061  
(Enter through Rabbit Run)



**Saturday, Oct. 21, 9 a.m.–1 p.m.\***

Irmo High School  
6671 St. Andrews Road, Columbia, SC 29212



**Saturday, Oct. 7, 9 a.m.–1 p.m.\***

Dent Middle School  
2721 Decker Blvd., Columbia, SC 29206



**Saturday, Oct. 28, 9 a.m.–1 p.m.**

Dreher High School  
3319 Millwood Ave., Columbia, SC 29205



**Saturday, Oct. 14, 9 a.m.–1 p.m.**

Sumter High School  
2580 McCray's Mill Road, Sumter, SC 29154  
(Enter through gate 1)



**Thursday, Oct. 5, 12, 19, 26, 3–6 p.m.**

Prisma Health Beaman Auditorium  
1501 Sumter St., Columbia, SC 29201  
*Free parking is available. Please use the Sumter Street parking garage and take the elevator to the ground floor.*

*\*Egg-free and 65+ high-dose flu vaccines are NOT available at this location.*

Continued on back.



## The flu vaccine and you: What's true!

**A flu vaccine cannot cause flu illness.** The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot. While a flu vaccine cannot give you flu illness, it's possible to experience side effects, including soreness, redness or swelling where the shot was given, fever (low grade) and site area or body aches.

**Yearly flu vaccination is the best tool currently available to protect against the flu.** The Centers for Disease Control and Prevention (CDC) recommend a yearly flu vaccination as the first and most important step in protecting against flu and its potentially serious complications.

**Millions of people have safely received flu vaccines for decades.** Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.

**A flu vaccination does not guarantee protection against the flu.** Some people who are vaccinated might still become ill. However, people who receive a flu vaccine are less likely to get sick with flu or hospitalized from flu than someone who does not get vaccinated. *Flu vaccination also may make your illness milder if you do get sick.*

**Getting vaccinated yourself also protects people around you,** including those who are more vulnerable to serious flu illness, such as babies and young children, older people, and people with certain chronic health conditions.

**A flu vaccine is needed every year for two reasons.** First, the body's immune response from vaccination declines over time, so an annual vaccine is needed for the most protection. Second, because flu viruses are constantly changing, the formulation of the flu vaccine is reviewed each year and sometimes updated to keep up with changing flu viruses. For the best protection, everyone six months and older should get vaccinated annually.

**It takes about two weeks after vaccination for antibodies to develop in the body** and provide protection against influenza virus infection. That's why it's better to get vaccinated early in the fall before flu season.

**Flu vaccines are offered in many locations,** including doctor's offices, health departments, pharmacies, urgent care clinics, schools and workplaces.

[PrismaHealth.org/fight-the-flu](https://PrismaHealth.org/fight-the-flu)