

A nurse vaccination specialist from **SHOTS, etc.** will be here on _____ at _____ to offer FLU shots, Flu Mist Nasal Spray, Tetanus/Diphtheria/Pertussis boosters, Pneumonia vaccinations and Vitamin B12 injections to those who wish to participate.

Even if you do not plan to participate in this Flu Clinic, please read the following important information about the health of you and your family members.

As of the 2010-2011 Flu season, The Centers for Disease Control and Prevention recommends seasonal **Influenza** vaccine (Flu shots or FluMist nasal spray) for all children beginning at age 6 months, all adolescents and all adults, especially those of all ages considered to be priority or at high risk due to asthma, diabetes or other illnesses. The vaccine is recommended for all women who are pregnant anytime during flu season. Although some people in years past contracted influenza after receiving the flu shot, the flu shot CANNOT give you the flu because it is now made from inactivated flu virus. You should NOT take the flu shot if you are allergic to eggs or have had paralysis from Guillain-Barre syndrome. **(\$20)**

FluMist nasal spray is made from weakened strains of flu virus and is more effective in preventing the flu than the flu shot. FluMist nasal spray is only approved for healthy individuals ages 2-49. **(\$35)** Children and adults with asthma or other long-term health conditions should NOT take FluMist.

Preservative-free flu vaccine (also called thimerosal-free or mercury-free) is also available for children ages 6 months to 35 months **(\$30)** and 36 months and older, including adults **(\$40)**.

Children ages 9 years old and younger who are receiving any flu vaccine for the first time should receive two doses given 1 month apart in order to induce full immunity.

Preventative **Tetanus/Diphtheria** boosters are recommended for all adults every 10 years for protection from this deadly bacterium that lives all around us, even in our pets. Do not wait for an injury and risk serious illness or death! **(\$40)** Ask for the vaccine that also contains **Pertussis** (whooping cough) if you are due for a booster or are expecting a baby in your family, have an infant, are around infants, the elderly or chronically ill people **(\$65)**. (This includes all healthcare workers, grandparents and caregivers.) *All teenagers beginning at age 11 should receive the TdaP booster.*

Pneumovax-23 vaccination offers protection to adults **of all ages** from 23 different strains of bacterial **Pneumonia** for the rest of your life, if you are otherwise healthy! Persons with chronic conditions may be advised by their MD to take this vaccine more frequently. As of 2009, a pneumonia vaccination is recommended for all smokers and asthmatics. The vaccine is also being reported to help prevent some bacterial causes of chronic bronchitis and sinus infections that often lead to pneumonia. **(\$55)**

Many people who take **Vitamin B12** injections report they have more energy, healthier immune systems, less frequent and less severe allergies, headaches, stress and depression and better sleep. Vegetarians, those with digestive system disorders and type 2 diabetics may be especially prone to Vitamin B-12 deficiency. Most people feel the effects within the first 7-10 days, but some may need more than one injection to feel the difference. Ask your doctor if he thinks you may benefit from this vitamin supplement. **(\$20)**

Free monthly Employee Wellness Clinics are available for companies with 10 or more people interested in our monthly Vitamin B12 program. Visit our website for more information about this!

Payment by cash or check at time of service only. Credit/debit cards accepted in the SHOTS, etc. office only. Receipts given for all services. Please visit www.SHOTSetc.com for more info about our other services and other vaccines recommended for work or school requirements, world travel and everyday health. Walk-in service is available at 7648 Hwy 70 South Suite 15; Nashville, TN 37221 (exit 196 off I-40 in Bellevue) Mon-Fri 9 am-5 pm and Sat 10-2. Questions? Call (615) 469-7413.