

Flu Prevention & Treatment

Take these everyday steps to protect your health:

- **Cover your nose and mouth with a tissue when you cough or sneeze.** Throw the tissue in the trash after you use it.
- **Wash your hands often** with soap and water, especially after you cough or sneeze. You can also use an alcohol-based hand cleaner.
 - **Avoid touching your eyes, nose or mouth.** Germs spread this way.
 - **Try to avoid close contact with sick people.**
- **Stay home if you are sick until at least 24 hours after you no longer have a fever (100°F or 37.8°C) or signs of a fever (without the use of a fever-reducing medicine, such as Tylenol®).**
- **While sick, limit contact with others as much as possible to keep from infecting them.**

Get Vaccinated. Vaccination is the best protection against contracting the flu.

FLU SHOTS ARE AVAILABLE AT THE FOLLOWING LOCATIONS:

First Med Family Health Care

244 Livingston Street
Northvale, New Jersey 07674
201-768-1200
No Appointment Required
Mon and Thurs 9am-6pm
Weds and Fri 9am-4pm
Tuesday 8am-4pm
Saturday 9am-12pm
Closed for lunch 12-1
FLU SHOTS ARE \$30.00

Target Palisades Mall

4120 Palisades Center Drive
West Nyack, New York 10994
No Appointment Required
845-348-6440
Mon-Fri 9am-6pm
Saturday 9am-4pm
Sunday 11am-4pm
FLU SHOTS ARE \$25.00

CVS Minute Clinic

269A Livingston Street
Northvale New Jersey 07647
201-784-0308
No appointment required
Mon-Fri 8:30am- 7:30pm
Saturday 9am-5:30pm
Sunday 9am-4:30pm
Practitioners take lunch 2-3pm Mon-Fri
and 1-1:30 Sat and Sun
FLU SHOTS ARE \$29.99