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 67674
201-768-1200
No Appointment Required
Closed for lunch 12-1
Mon and Thurs 9am-7pm
Weds and Fri 9am-5pm
Tuesday 8am-5pm
Saturday 9am-1pm
**FLU SHOTS ARE $30.00**

**CVS Minute Clinic**
269A Livingston Street
Northvale New Jersey 07647
201-784-0308
No appointment required
Practitioners take lunch 2-3pm Mon-Fri and 1-1:30 Sat and Sun
Mon-Fri 8:30am-7:30pm
Saturday 9am-5:30pm
Sunday 9am-4:30pm
**FLU SHOTS ARE $31.99**

**Target Palisades Mall**
4120 Palisades Center Drive
West Nyack, New York 10994
845-348-6440
No Appointment Required
Closed for lunch 1:30-2pm
Mon-Fri 9am-7pm
Saturday 9am-5pm
Sunday 11am-5pm
**FLU SHOTS ARE $24.99**
INTRANASAL $31.99