

## 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  
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**

### [Target Palisades Mall](#)

4120 Palisades Center Drive  
West Nyack, New York 10994  
No Appointment Required  
845-348-6440  
Closed for lunch 1:30-2pm  
Mon-Fri 9am-7pm  
Saturday 9am-5pm  
Sunday 11am-5pm

**FLU SHOTS ARE \$24.99**

**INTRANASAL \$31.99**

### [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**