



Fisher Island Community Association

FLU SHOTS



ATTENTION ALL FICA EMPLOYEES:

It's that time of year again! Getting the flu can interrupt your personal and professional life. Fortunately, FICA and VISTA have teamed up again this year to provide you with your flu shot at no charge to you

Come in and get your flu shot.
There are limited amounts and its first come first serve.

DETAILS

Where:

Marine Office
(2nd floor, next to the Cafeteria)

When:

Monday, October 19, 2009
9:00am – 11:00am
&
Tuesday, October 20, 2009
1:00pm – 3:00pm

Please contact your Human Resources Department if you have any questions.

What are symptoms of the FLU?

Typical clinical features of influenza include:

- Fever (usually 100° F to 103° F in adults and often even higher in children)
- Respiratory symptoms such as cough, sore throat, runny or stuffy nose
- Headache, muscle aches, and fatigue, sometimes extreme.

How will the FLU shot help?

Much of the illness caused by influenza can be prevented by annual influenza vaccination. Flu vaccine (influenza vaccine made from inactivated and sometimes attenuated [non-infective] virus) is specifically recommended for those who are at high risk for developing serious complications as a result of influenza infection.

