



FREE SEASONAL flu shots*

Saturday, October 17, 2009

Save money and stay healthy during the holidays with a FREE seasonal flu shot* from Presbyterian Medical Group. Getting your seasonal flu shot is simple – just come to any one of five convenient Presbyterian Medical Group locations on Saturday, October 17, 2009, between the hours of 8 a.m. and noon or until the vaccine is gone.

For their safety, children ages 17 and under cannot receive flu shots through this clinic and should get their shots from their regular pediatrician or Public Health Office.

Some people are at risk for serious illness from seasonal flu and should get a seasonal flu shot every year, including:

- People 65 years of age or older
- Residents of nursing homes and similar facilities
- Adults and children who have chronic heart or lung diseases, diabetes, kidney disease, or severe forms of anemia.
- Healthcare workers in contact with people in high-risk groups
- Caregivers or people who live with someone in a high-risk group

Note: The virus used to produce the flu vaccine is grown in eggs. People who are severely allergic to eggs should not get a flu shot.

*These clinics will provide seasonal flu shots, which do not include the H1N1 flu vaccine. A separate vaccine to protect against novel H1N1 influenza is expected to be available later this fall.

Presbyterian Medical Group Flu Shot Locations

In Albuquerque:

PMG Isleta Clinic
3436 Isleta Blvd. SW
8 a.m. – noon

PMG San Mateo Clinic
401 San Mateo SE
8 a.m. – noon

In Rio Rancho:

PMG Rio Rancho Clinic
4005 High Resort Blvd.
8 a.m. - noon

In Belen:

PMG Belen Clinic
609 S. Christopher
8 a.m. - noon

In Los Lunas:

PMG Los Lunas Clinic
200 Emilio Lopez Rd.
8 a.m. - noon