

Take Time To Get a Flu Shot

The Centers for Disease Control (CDC) recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal influenza. The seasonal flu shot will not keep a person from getting H1N1 flu. H1N1 flu shots are expected to be available in mid October.

Seasonal Flu Shot Opportunities in the Bowie Area

In addition to individual doctors' offices, seasonal flu shot are available at the following locations:

- **Bowie Health Fair at the Bowie Health Center**
10/15/09 from 11 a.m. – 3 p.m. Shots are free, while supplies last.
- **Bowie Senior Center**
9/25/09 from 9 a.m. to noon for seniors. Free if covered only by Medicare Part B. Cost for all others is \$30.
- **Summerville at Woodward Estates (Assisted Living)**
Shots offered to residents and the local community on five dates this fall/winter. Call 301-464-4400 for dates and information.
- **Safeway at Marketplace, Bowie Town Center and Fairwood**
Walk in shots available at the pharmacy during normal open hours for pharmacy. Cost is \$30.
- **Giant, CVS, Rite Aid, BJ's**
Walk-in on certain days. Visit <http://www.findaflushot.org> and enter your zip code to determine specific dates and locations. The cost is approximately \$30.
- **CVS Minute Clinic – Crofton**
Walk-in during open hours. Cost is approximately \$30.
- **Locate a pharmacy or retail establishment offering flu shots**
Visit www.findaflushot.com and enter your zip code.

Some shot locations listed above will accept certain insurance plans. Contact the individual establishment for details. For more information about seasonal flu shots and who should receive them visit www.flu.gov/seasonalflu/index.html. Any decision about whether or not to get the seasonal flu shot or the H1N1 flu shot should be made in consultation with your healthcare provider.