

Don't be Blue, Avoid the Flu!

Flu Clinics for Humana Gold Plus (HMO) Members

<i>Flu Clinic Locations</i>	<i>Dates</i>	<i>Times</i>
HealthCare Partners 700 E. Warm Springs Road - 1st Floor	Saturday, November 08, 2008	8am - 11:30am
Sam's Town Hotel & Casino 5111 Boulder Highway – Ponderosa Ballroom	Thursday, November 13, 2008	8am - 1pm
Summit Medical Group 1000 S. Rainbow Blvd.	Saturday, November 15, 2008	8am - 11:30am
Humana Guidance Center - Summerlin 8975 W. Charleston Blvd., Suite 100	Wednesday, November 19 th , 2008	8am – 11:30am
Humana Guidance Center - Henderson 1000 North Green Valley Parkway, Suite 720	Wednesday, December 3 rd , 2008	8am – 11:30am
Summit Medical Group 1000 S. Rainbow Blvd.	Saturday, December 06, 2008	8am - 11:30am
HealthCare Partners 700 E. Warm Springs Road - 1st Floor	Saturday, December 13, 2008	8am - 11:30am
Summit Medical Group 1000 S. Rainbow Blvd.	Every Tues & Thurs throughout November	9am - noon

Healthy habits that can limit the spread of germs and exposure to the flu virus include:

- Washing your hands with soap and warm water often or using alcohol-based disposable hand wipes or gel.
- Drinking plenty of fluids and getting plenty of rest.
- Covering your nose or mouth with a tissue when coughing or sneezing. Dispose of tissue immediately.
- Limiting/avoiding contact with people who are sick or when you are sick.

