



# Flu Shots Available at All Eisenhower Urgent Care locations

## Protect yourself today!

Flu season usually begins in October and can last through May. Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Some populations, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

The upcoming season's flu vaccine will protect against the three influenza viruses that research indicates will be most common during the season. This includes an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. Getting vaccinated each year provides the best protection against influenza throughout the flu season.

### **Eisenhower Urgent Care Flu Clinics**

For Individuals Age 9 and Older

**Eisenhower Urgent Care: 760-834-3593**

#### **Rancho Mirage**

Eisenhower Health Center at Monterey and Country Club  
72780 Country Club Drive, Building B, Suite #203

Flu Vaccine Hours

Monday to Friday 8 a.m. to 8 p.m.

Saturday and Sunday 8 a.m. to 4 p.m.

#### **La Quinta**

Eisenhower George and Julia Argyros Health Center  
45280 Seeley Drive

Flu Vaccine Hours

Monday to Friday 8 a.m. to 8 p.m.

Saturday and Sunday 8 a.m. to 4 p.m.

#### **Palm Springs**

Eisenhower Health Center at Sunrise  
151 Sunrise Way, Suite 300

Flu Vaccine Hours

Monday to Friday 8 a.m. to 8 p.m.

Saturday and Sunday 8 a.m. to 4 p.m.

**Flu vaccination price: \$29 (cost can be billed through Medicare)**

For children under nine: Please call 760-773-1460 to find a family medicine physician who can treat everyone in your family.

EMC News is a publication of Eisenhower Medical Center · © Copyright 2015 All Rights Reserved · www.emc.org