



Employee Seasonal Flu Shots

City of Virginia Beach & Virginia Beach City Public Schools

CDC urges you to take 3 action steps
to protect against the flu.

“...we need everyone to take the common-sense steps that we know can make a difference:

- Stay home if you're sick.
- Wash your hands frequently.
- Cover your sneezes with your sleeve, not your hands.”

- President
Barack Obama
9/1/2009

1

Take time to get vaccinated.

- A yearly seasonal flu vaccine is the first and most important step in protecting against seasonal flu.
- The seasonal flu vaccine protects against the three seasonal viruses that research suggests will be the most common.
- A seasonal vaccine will not protect you against novel H1N1. (Swine Flu)*

2

Take everyday preventive actions.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after your use it.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.

3

Take flu antiviral drugs if recommended by your doctor.

- If you get seasonal or H1N1 Flu, antiviral drugs can treat the flu.
- Antiviral drugs are prescription medicines that fight against the flu by keeping flu viruses from reproducing in your body.
- Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications.
- Antiviral drugs are not sold over-the-counter and are different from antibiotics.

***W&P does not foresee being able to obtain any H1N1 (Swine Flu) vaccines. For up-to-date information or to learn more about the H1N1 Flu please visit www.flu.gov, or talk to your doctor.**

Eligibility for Employer Paid Seasonal Flu Shots

All City and School employees are eligible.

Retirees covered by a CVB or VBCPS Optima Health plan are also eligible.

Spouses, children and other family members are **Not Eligible.**



2009 Employee Seasonal Flu Shot Schedule

MONDAY, NOVEMBER 2, 2009

Kellam HS

2323 Holland Rd., 23453
2:15 p.m.-3:30p.m.

Central Library

4100 Virginia Beach Blvd., 23452
5:00 p.m.-6:30 p.m.

If you have questions about whether you should get a seasonal flu vaccine, consult your health-care provider.

TUESDAY, NOVEMBER 3, 2009

Pembroke ES

4622 Jericho Rd., 23462
7:30 a.m.-8:45 a.m.

Landstown MS

2204 Recreation Dr., 23456
9:00 a.m.-11:00a.m.

Bayside MS

965 Newtown Rd., 23462
10:00 a.m.-11:15 a.m.

Great Neck MS

1848 N. Great Neck Rd., 23454
12:30 p.m.-1:30 p.m.

Lynnhaven MS

1250 Bayne Dr., 23454
2:45 p.m.-3:45p.m.

WEDNESDAY, NOVEMBER 4, 2009

Three Oaks ES

2201 Elson Green Ave., 23456
2:45 p.m.-4:00 p.m.

THURSDAY, NOVEMBER 5, 2009

Larkspur MS

4696 Princess Anne Rd., 23462
4:00 p.m.-5:15 p.m.

Brandon MS

1700 Pope St., 23464
4:00 p.m.-5:15p.m.



FRIDAY, NOVEMBER 6, 2009

Building 19

2416 Courthouse Dr., 23456
12:00 p.m.-2:00 p.m.

More... Seasonal Flu Shot Walk In Clinics

Tips for Walk-In Clinics

- Call the **FLU SHOT HOTLINE (263-1998)** during clinic hours to check on waiting times and vaccine supplies.
- **BRING IDENTIFICATION.** City and School Employees must present their ID badge, current Optima Health insurance card, or current pay stub. Retirees must present a current Optima Health insurance card.
- **DRESS APPROPRIATELY.** Nurses need access to the top portion of your arm.



MONDAY, NOVEMBER 9, 2009

Department of Human Services

3432 Virginia Beach Blvd., 23452
9:00 a.m.-11:00 a.m.

Central Library

4100 Virginia Beach Blvd., 23452
4:30 p.m.-6:00 p.m.

TUESDAY, NOVEMBER 10, 2009

Public Works- Dam Neck

3556 Dam Neck Rd., 23453
7:00 a.m.-9:00 a.m.

LETA

411 Integrity Way, 23451
1:00 p.m.-4:00 p.m.

Salem MS

2380 Lynnhaven Pkwy., 23464
4:00 p.m.-5:15 p.m.

THURSDAY, NOVEMBER 12, 2009

SAB, Bldg. 6

2512 George Mason Dr., 23456
11:00 a.m.-1:00 p.m.

Indian Lakes ES

1240 Homestead Dr., 23464
2:45 p.m.-4:00 p.m.

FRIDAY, NOVEMBER 13, 2009

Bldg. 19

2416 Courthouse Dr., 23456
12:00 p.m.-2:00 p.m.

MONDAY, NOVEMBER 16, 2009

Ocean Lakes HS

885 Schumann Dr., 23454
2:15 p.m.-3:30 p.m.

TUESDAY, NOVEMBER 17, 2009

Green Run ES

1200 Green Garden Circle, 23453
3:15 p.m.-4:30 p.m.

Sheriff's Department

2501 James Madison Blvd., 23456
5:30 p.m.-7:00 p.m.

WEDNESDAY, NOVEMBER 18, 2009

Kempsville Rec. Center

800 Mammouth La., 23464
4:00 p.m.-6:00 p.m.

Public Utilities- Dam Neck

3500 Dam Neck Rd., 23454
7:00 a.m.-9:00 a.m.

THURSDAY, NOVEMBER 19, 2009

Pembroke 3

289 Independence Blvd., 23462
9:00 a.m.-11:00 a.m.

Thoroughgood ES

1444 Dunstan La., 23455
3:15 p.m.-4:30 p.m.

Plaza MS

3080 S. Lynnhaven Rd., 23452
4:00 p.m.-5:15 p.m.

MONDAY, NOVEMBER 23, 2009

Supply Services

1568 Corporate Landing Pkwy., 23454
3:30 p.m.-5:00 p.m.

TUESDAY, NOVEMBER 24, 2009

Birdneck ES

957 S. Birdneck Rd., 23451
3:00 p.m.-4:15 p.m.

Walk-In Clinics are first come-first serve. Although there is no guarantee you will receive a vaccine, a large supply has been ordered to accommodate the clinics being offered.