



H1N1 Vaccine Available



Vaccination is your best protection from the flu.

The flu shot is a safe and easy way to protect you and your family from the flu.

4 Easy Steps to Prevent the Flu:

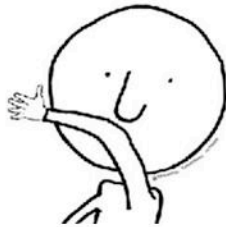
Get Vaccinated



Wash your hands



Cover your cough



Stay home if you're sick



Manet Community Health Center serving the South Shore at 5 sites in Quincy and Hull

North Quincy	Hough's Neck	Snug Harbor	Quincy Medical Center	Hull
10 W. Squantum St.	1193 Sea St.	9 Bicknell St.	114 Whitwell St., 2nd Fl	180 George Washington Bl
North Quincy, MA	Quincy, MA	Quincy, MA	Quincy, MA	Hull, MA
617-376-3000	617-471-8683	617-471-4715	857-403-0820	781-925-4550

For more information about the flu visit

www.manetchc.org
www.mass.gov/flu