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## North Carolina MEDICAL JOURNAL

### CLASSIFIED ADS: RATES AND SPECIFICATIONS

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Include phone number and billing address, and indicate number of placements, if known.

*If you work in a health care setting . . .*

# Get a Flu Shot!

**Or Nasal-Spray Vaccine\***

**Protect Yourself**  
You are likely to be exposed to flu at work. If you don't get flu vaccine, you can catch the flu and become very sick. The flu is a lot worse than a cold.

**Protect Your Family**  
You can spread the flu even before you feel sick. Your family and friends could become seriously ill, especially babies and older adults. Likewise, your family and friends could miss days of school or work.

**Protect Your Patients**  
You can also spread the flu to your patients. For some patients, flu can be a life threatening disease.

\* If you are under 50 and are not pregnant, you can get the nasal-spray vaccine instead of a shot. However, do not get the nasal-spray vaccine if you have a chronic disease like asthma or diabetes, or work in a hospital isolation unit.

**Have questions?** Visit [www.immunizenc.com](http://www.immunizenc.com) or call the Centers for Disease Control and Prevention Hotline:  
**1-800-CDC-INFO 1-800-232-4636.**

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