

Give it a shot.

Let Weis Pharmacy provide you with preventative immunizations to help keep you in the best of health.

Stop by our Pharmacy for details.

weiscare

ADULT
IMMUNIZATION
SERVICES



“A flu vaccine is your best shot at staying healthy this season.”

– Sharon Beckstead, Weis Pharmacist



**Available at all
Weis Markets Pharmacy Locations**



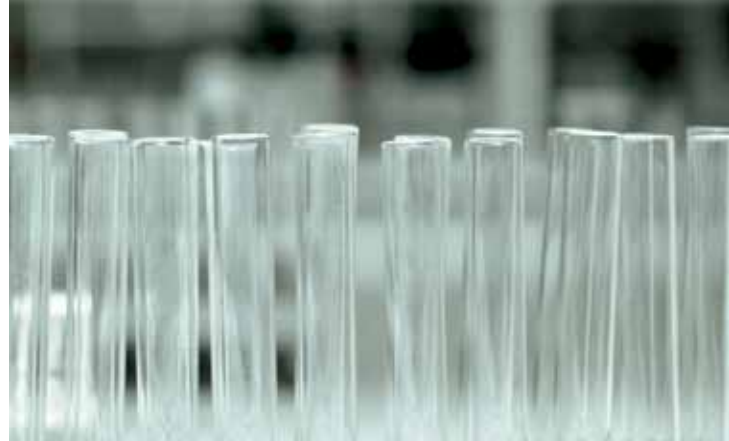
Making good health easy.

Questions: 866.999.9347 – www.weismarkets.com

Give it a shot.

Stay in the best of health with a wide range of vaccines. Many Weis pharmacists are certified to administer vaccines. These services are available for those **18 or older** and are covered by many prescription insurance programs, including Medicare part B and D.

Walk-up immunizations are available at any Weis store with a Pharmacy. We'll even come to your place of business, college campus or senior center.



Services include:

Flu (includes H1N1)

(available September–March)

Stay healthy this winter. Protect yourself with a flu shot.

Pneumonia

(available year-round)

For persons aged 65 or older and adults of all ages with heart or lung disease, diabetes, alcoholism, cirrhosis and weak immune systems.

Shingles

(available year-round)

If you are 50 and had chicken pox as a child, you could get shingles now. Protect yourself with the Zostavax® Vaccine.

Meningitis

(available year-round, during back to school times for college students)

Recommended for incoming college freshman.

Tetanus, Diphtheria & Whooping Cough

(available year-round)

Protect yourself and your family from whooping cough. Recommended for new parents, siblings and grandparents. Tetanus booster is recommended every 10 years

Hepatitis A & B

(available year-round)

Recommended for health care providers, food service employees and childcare workers.

See pharmacist for details.

The Flu: What's fiction, what's fact?

FICTION: I'm pretty healthy and hardly ever get sick. I don't need a flu shot.

FACT: Even healthy people can get the flu. The flu can cause serious health problems, especially for those who already have a chronic illness or are too young to be vaccinated. If you catch and spread the flu to someone, it can cause a life-threatening health problem.¹

FICTION: The flu shot can give me the flu.

FACT: You can't get the flu from the flu shot. The injectable vaccine is made from killed viruses that can't cause the flu.¹ The most common side effect from the flu shot is mild soreness where the injection was given. This usually goes away within a day or two.¹

FICTION: The flu isn't a big deal. Besides, you can't do anything about it.

FACT: The flu can be severe and sometimes life-threatening. According to the Centers for Disease Control and Prevention, on average the flu causes approximately 36,000 deaths and 226,000 hospitalizations each year.¹ Getting a shot each year helps protect you against catching and spreading the flu.¹

FICTION: I was vaccinated against the flu years ago. I don't need to get the vaccination again.

FACT: Flu viruses change over time. Because of this, a new vaccine must be made each year.¹ You will still have protection even if the viruses change after you've had your shot. If you get the shot and then get the flu, you won't get as sick.¹ That's why you need to get the flu shot every year to protect yourself and those around you.

Reference: 1. Centers for Disease Control and Prevention. Prevention and control of influenza: recommendations of the Advisory Committee on Immunization Practices (ACIP), 2007. MMWR. 2007; 56(RR-6): 1-54.