



# Monthly Check-Up

## Stay healthy. Get a flu shot.

This year, the Centers for Disease Control and Prevention (CDC) recommends that most everyone get a flu shot. To make it easy, we'll start giving all-in-one flu shots every day beginning Aug. 22.\* No appointment is necessary and most insurance is accepted.

In this newsletter, you'll find out more about flu and get tips that can help protect your family.



**All-in-one  
flu shots  
available  
every day.\***

**No appointment  
necessary.**

[Get the details >](#)

### MinuteClinic HealthMinute

#### Flu fact or fiction

Can flu shots make you sick? Does everyone really need one? How long are kids contagious?

Get need-to-know info that debunks the myths.

[Read more >](#)

### 5 ways to prevent cold and flu

1. Get a flu shot
2. Cover your mouth when you cough
3. Wash your hands frequently
4. Eat healthy
5. Get sleep

[Find out more >](#)

### Meningitis: best prevention

Kids, teenagers and seniors are at the highest risk of contracting meningitis.

Here's more about the illness and why getting vaccinated counts.\*

[Get the details >](#)

### Healthy Reminder

## Breathe easier

A lung infection that can cause severe damage and inflammation, pneumonia often follows a cold or the flu.

Consider protecting yourself if you're in a high-risk group, which includes those over 65, those with asthma and smokers. Come to MinuteClinic for a pneumonia vaccination today.\*

[Find out more >](#)

## What's new at MinuteClinic

**Grand opening!  
4 clinics now open.  
Where's yours?**

[Click here >](#)



MinuteClinic has earned  
The Joint Commission Gold Seal of Approval



the medical clinic in  
**CVS  
pharmacy**

\*MinuteClinic vaccinates children 18 months and older in most states; 24 months and older in Massachusetts.

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