

## **Flu Shots available at Calvary Lutheran Church**

## **October 13, 2019**

**8:30 a.m. to 11:30 a.m.**

**in the lounge by the restrooms.**

**The flu shots are provided by St. Leo’s Medical/Dental Clinic**

**Free will donations will support**

**St. Leo's Medical/Dental Clinic**

**in Solana Beach**

**This is the quadrivalent vaccine (4 strains), not the extra strength for seniors. That is very expensive and not provided by the state program.**

**Anyone eight years and older may be vaccinated.**

**If pregnant, you need to get the vaccine from your obstetrician.**

**Contraindications:**

* Allergy to eggs: Most, but not all, types of flu vaccine contain a small amount of egg protein.
* If you ever had Guillain-Barré Syndrome (also called GBS).  
  Some people with a history of GBS should not get this vaccine. This should be discussed with your doctor.
* If you are not feeling well.