

- physical exams
- travel vaccines
- sports medicine
- massage therapy
- corporate health
- acupuncture
- dietician

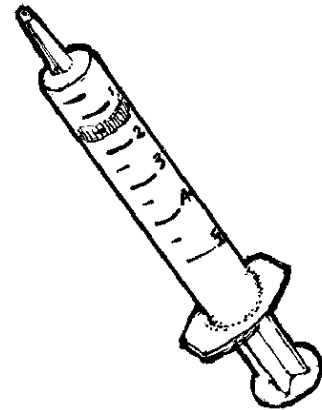
Flu Shots Available October 2008

- Individual Flu Shots from **\$25.00**
- Group Flu Shots **only \$15.00** (groups of 30 or more)
\$18.00 (groups of 20 – 29)

Visit our Downtown Vancouver Walk-in Clinic location. No appointment is necessary.

Flu Shot Information

Influenza, or “the flu”, is caused by many highly contagious viruses and is spread through the air by direct contact. This year’s vaccine consists of A/Brisbane/59/2007 (H1N1)-like virus, A/Brisbane/10/2007 (H3N2)-like virus, and B/Florida/4/2006-like virus strains. A sneeze by an infected person can propel the virus-containing droplets into the air we breathe. Flu spreads rapidly in “closed” populations such as schools, nursing homes, and the workplace, but can occur almost anywhere.



The vaccine can be about 80% effective in preventing the flu. You cannot get influenza from a flu shot, as it does not contain a live virus. Protection from the vaccine generally begins about two weeks after immunization, and can last 4-6 months.

Group Flu Shot Program

Studies have shown that companies that implement a flu vaccination program have less sick days and a healthier work force. Our Travel Medicine and Vaccination Centre offers a comprehensive flu vaccination program for companies and other groups.

More Information

For more detailed information about flu shots or any of our other services, visit our web site at www.steinmedical.com or call the clinic direct at (604) 688-5924.