

FLU SHOTS

Flu shots are highly recommended for pregnant women as the risk of very ill and/or dying is much higher during pregnancy. The CDC recommends vaccination of pregnant women. Any time during pregnancy is acceptable, avoiding the first trimester if possible. The injectable flu shot is the only one that is appropriate for pregnant women. It is an inactivated or killed virus.

You may obtain a flu shot through your primary care physician's office or at many flu shot clinics throughout town.

Mollen Immunization Clinics: call 1-602-279-3588 or go to www.flushotusa.com

Maxim Clinics: 790-8200 or go to findaflushot.COM

Minute Clinic: At CVS pharmacies. Go to MinutClinic.com/en/USA/

Quality of Life Medical and Research Centers: 8 a.m. to 5 p.m. Monday through Friday at 5350 E. Erickson Drive. Appointments recommended. Call 733-2250.

Community Information and Referral has information about local flu shots. Go to www.cir.org/seasonal-flu-County.html