



your health

don't let the flu knock you out

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The flu can seriously affect your health

Even healthy people can get very sick from the flu and pass it on to others. Getting a flu shot is the best way to reduce your chances of getting and spreading the flu.

Protect your health

- Get the flu shot as early as possible – before flu season starts.
- Get a flu shot every year. Flu viruses change and so does the vaccine.
- Ask your health provider if the flu shot is recommended for you.

Flu shots will be available at some Chevron locations

The cost is \$27 for employees and contractors. Please bring payment to your appointment. Cash, checks, credit cards are accepted. Appointments are recommended, but walk-ins are welcome as long as supplies are available. Make an appointment, visit hr2.chevron.com/wellness/healthevents.asp.

About the flu vaccine

Flu shots are recommended for everyone who is at least six months of age. Flu shots are specifically recommended for:

- People with certain medical conditions including asthma, diabetes and chronic lung disease.
- Children younger than five years -- and especially those six months to two years old.
- People 65 years and older.
- Caregivers and health personnel.

Consult your health provider before you get a flu shot if:

- You are not feeling well – with or without a fever – on the day you are scheduled to receive your flu shot. Generally, you will need to wait until you feel better to get vaccinated.
- You have a history of Guillain–Barré Syndrome (also called GBS) that occurred after receiving a flu shot.
- You are pregnant.
- You had a severe allergic reaction to a flu vaccine in the past.