



UT Health
Rio Grande Valley™

FIGHT THE FLU!

Key Facts:

- The flu (Influenza) is a contagious disease that spreads yearly, usually between October and May.
- The flu is contagious and can spread to anyone. It can also lead to pneumonia and blood infections and can be more dangerous for young children, pregnant women and the elderly.
- The flu can last several days and symptoms can include fever, chills, sore throat, muscle aches, fatigue, cough, headache, and/or runny/stuffy nose.
- The vaccine can prevent you from getting the flu, make it less severe if you do get it and keep you from spreading the flu.
- There is no live virus in flu shots. It cannot cause the flu. Each year, a new vaccine is made to keep up with the ever-changing viruses. The new vaccine is created to protect against three or four viruses in the new season.
- The flu shot takes about two weeks for protection to develop after vaccination. It lasts throughout the flu season.

WHERE TO GET A **FREE*** FLU SHOT?

Employee Health Locations

Edinburg

613 North Sugar Road
Edinburg, Texas 78539
Mon. - Fri. • 8 a.m. - 5 p.m.
(956) 296-1731

Harlingen

2106 Treasure Hills Blvd.
Harlingen, TX 78550
Mon. - Fri. • 8 a.m. - 5 p.m.
(956) 296-1519

Student Health Locations

Edinburg

613 North Sugar Road
Edinburg, Texas 78539
Mon. - Fri. • 8 a.m. - 5 p.m.
(956) 665-2511

Brownsville

Cortez Hall, Suite 237
Brownsville, Texas 78520
Mon. - Fri. • 8 a.m. - 5 p.m.
(956) 882-3896

*Free for employees with UT Select Insurance.
For more information, visit cdc.gov or call the CDC at 1-800-232-4636

What matters to your health, matters to us.