

Get Your **FLU SHOT**

You can receive your flu shot at the following locations.

- Schedule at one of the CABQ employee events, <https://TSG-scheduling.as.me/CABQ-Flu-20> (age 10+ only)
- Schedule through your Primary care physician. (optimal for infants, children and adolescents)
- Visit a **Walgreens** or **Albertson's Pharmacy**.

Walgreens (age 3+), <https://www.walgreens.com/pharmacy/schedule-appointment.jsp?frm=pharmacy#/location>

Albertsons(age 6 months +),
<https://www.albertsons.com/pharmacy/pharmacy-services/immunizations/flu.html>

- Contact the **Presbyterian Mobile Health Center** for flu shot appt, **505-220-6562**

If you are at increased risk of severe illness from COVID-19 based on [CDC guidelines](#), contact your doctor to inquire about the safest option for you.

WHY GET A FLU SHOT?

When more people get vaccinated against the flu, less flu can spread throughout the community.

Helps keep more vulnerable populations from getting sick (such as children & aging parents).



BetterHealth

CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES

Better you.

Contact raChelle Karman, Health and Wellness Coordinator
Insurance and Benefits Division 505-768-2921 (TTY 711)