

## How to Proceed With Your Flu Shot Visit

Schedule your flu shot in advance by [clicking on this scheduling link](#).

- You will receive a confirmation email. Check your spam folder if you don't receive it within 30 minutes.
- Make sure your visit and travel time are added to your calendar.
- Use the link in the confirmation email if you need to change or cancel.
- 24 hours before your visit, you will receive a reminder email.

## On the Day of Your Flu Shot

- Be on time.
- Have your health insurance card available.
- Wear mask always covering nose and mouth.
- Arrive in tank top or loose fit short sleeve shirt to receive shot in upper arm
- Follow all directions about safety, parking and the required process steps.
- Arrive with a vehicle. Family members 18+ in vehicle may also receive a flu shot.
- Follow map, traffic flow and parking instructions for your scheduled flu shot event.
- Follow all instructions given by people who are staffing the process.

## The Flu Shot Process

We anticipate that your entire visit should take no longer than 30 minutes.

1. Print and fill out form prior if possible!
2. Arrive during your scheduled wave time.
3. Check-in
4. Receive flu shot
5. Remain parked in 5-minute waiting area or until you feel safe to drive.
6. Exit the lot from the designated exit which is different from where you entered.

## After Your Flu Shot Process

If you have questions or experience a reaction to the flu shot, please contact raChelle Karman, [rkarman@cabq.gov](mailto:rkarman@cabq.gov).

## Safety Requirements

- Know the flu shot clinic entrance and exit.
- Wear a mask.
- Follow social distancing guidelines and maintain a minimum of 6 feet between you and anyone else.
- Do not congregate.
- Do not eat or drink.