



Free Flu Shot Clinic Schedule: Fort Worth, 2020

- Free flu shots will be provided to adults and children ages 9 and older.
- Drive through events: please stay in your car and follow instructions; a walk-up option will be available.
- To receive a flu shot you must wear a face covering, will have your temperature checked, and must not be sick or have had any recent exposure to COVID.
- All Texas Health staff and volunteers will follow the CDC recommendations for infection prevention.
- In the event of bad weather, events will be rescheduled.
- **Limited quantities available. First come, first served.**

Saturday, Oct. 3

9:00am-11:30am
St Andrews Catholic Church
3312 Dryden Rd
Fort Worth, TX 76109

Saturday, Oct. 3

2:00pm-4:30pm
Meadowbrook-Poly UMC
3900 Meadowbrook Dr
Fort Worth, TX 76103

Wednesday, Oct. 7

4:00pm-6:30pm
Meadowridge Community Church
3400 Charleston
Fort Worth, TX 76123

Saturday, Oct. 10

9:00am-11:30am
Beth Eden Baptist Church
3208 Wilbarger St
Fort Worth, TX 76119

Saturday, Oct. 10

2:00pm-4:30pm
New Harvest Missionary Baptist
5205 Carol Ave
Fort Worth, TX 76115

Monday, Oct. 12

12:00pm-2:30pm

Grace Temple 7th Day Adventist Church

4200 Berry St

Fort Worth, TX 76109

Tuesday, Oct. 13

4:30pm-6:30pm

1st Baptist Church of Benbrook

1015 McKinley St

Benbrook, TX 76126

Friday, Oct. 16

5:00pm-7:00pm

Open Door Church

301 S. Dobson St

Burleson, TX 76028

Saturday, Oct. 17

9:30am-11:30am

St. Luke Cumberland Presbyterian

1404 Sycamore School Rd.

Fort Worth, TX 76134

Saturday, Oct. 17

9:00am-11:30am

Lighthouse UMC

7200 Robertson Rd

Fort Worth, TX 76135

Saturday, Oct. 17

2:00pm-4:30pm

Western Hills UMC

901 Page Ave

Fort Worth, TX 76116

Saturday, Oct. 24

10:00am-12:00pm

South Hills Christian Church

3200 Bilglade Rd

Fort Worth, TX 76133

Saturday, Oct. 24

9:00am-11:30am

Rush Creek Christian Church

2401 SW Green Oaks

Understanding the Flu



What is the flu?

The flu is a virus that infects the nose, throat, and sometimes the lungs. The flu is easily passed from one person to the next, so the best way to prevent getting the flu is by getting a flu vaccine every year and frequent handwashing.



Flu signs and symptoms:

Signs and symptoms of the flu usually begin 1 to 4 days after being infected with the flu. These may include:

- Suddenly feeling very sick
- Fever and chills
- Cough and sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Feeling very tired (fatigue)
- Vomiting and diarrhea (more common in young children)



When are people with the flu contagious?

People can spread the flu during the first 3 to 4 days of becoming sick. However, some people can infect others 1 day before feeling sick, and up to 5 to 7 days after becoming sick.



How do I prevent the flu?

- Get a flu vaccine every year
- Stay away from people who are sick
- Use tissue to cover coughs and sneezes (throw tissues away)
- Avoid touching your eyes, nose, and mouth (germs spread this way)
- Wash your hands with soap and water for at least 20 seconds, (or use hand sanitizer that is at least 60 percent alcohol) especially after coughing, sneezing, or using the restroom



I heard the flu vaccine is not very effective this year. Should I still get one?

A person who has gotten the flu vaccine, and who has later been exposed to the flu may have a less severe illness if they do get sick with the flu. So it is recommended that you still get the flu vaccine even if it is less effective that year.



The flu and COVID-19 can cause serious illness. Younger children, especially those younger than 2 years old, people older than 65 years, and people with certain medical conditions are considered at higher risk.

What do I do if I get the flu?

- Rest and increase fluids
- Use tissues to cover all coughs and sneezes (throw tissues away)
- Wash your hands with soap and water for at least 20 seconds (or use hand sanitizer that is at least 60 percent alcohol), especially after coughing, sneezing, or using the restroom
- Stay home and avoid contact with others as much as possible until after 24 hours after your fever is gone
- Wear a mask if you must go out in public
- Call your doctor when you first get sick if you are worried, or if you are in a high-risk group
- Take fever-reducing medicine or specific flu medicine that can help with flu symptoms



Understanding the Flu



Will the flu vaccine protect me from COVID-19?

The flu vaccine will not protect you from COVID-19. Keeping a safe distance, wearing a mask, and washing your hands with soap and water for at least 20 seconds (or use hand sanitizer that is at least 60 percent alcohol) will help prevent COVID-19.

How do I know if I have a cold, the flu, or COVID-19?

Tests are available to diagnose the flu and COVID-19. Because symptoms of colds, the flu, and COVID-19 may look the same, it is important to call your doctor. Here is a helpful comparison of common characteristics of each:



SYMPTOMS	COLD	FLU	CORONAVIRUS (COVID-19)
How it Starts	Starts a little at a time	Starts quickly all at once	May appear 2-14 days after exposure
Headache	Rare	Common	Sometimes
Fever	Rare	Common, lasts 3-4 days	Common
Body Aches & Pains	Sometimes	Common, often severe	Common
Chills	Rare	Common	Common
Tiredness/Weakness	Sometimes	Common, can last 2-3 weeks	Common
Runny/Stuffy Nose	Common	Sometimes	Sometimes
Sneezing	Common	Sometimes	Rare
Sore Throat	Common	Sometimes	Common
Chest Discomfort/ Cough	Common - mild to moderate, hacking cough	Common, can be severe	Common, can be severe
Shortness of Breath/ Problems Breathing	Sometimes	Sometimes	Common
New Loss of Taste/Smell	Rare	Rare	Common
Diarrhea/Vomiting	Rare	Sometimes (more common in children than adults)	Sometimes
Complications	Sinus congestion, ear ache	Bronchitis, pneumonia, can be life-threatening	Pneumonia, stroke, heart attack, organ failure, can be life threatening
Infection with no symptoms	Rare	Rare	Sometimes

SOURCES:

<https://www.cdc.gov/flu/symptoms/symptoms.htm>

<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

<https://www.healthline.com/health-news/flu-allergies-coronavirus-different-symptoms#flu-symptoms-its-not-the-flu>

If you do not have a doctor, call 1-877-THR-WELL (1-877-847-9355).



Questions about the coronavirus (COVID-19)?

Call the Texas Health Coronavirus Hotline to speak with a nurse 7 a.m. to 7 p.m. Monday through Friday.

COVID-19 Consumer Hotline: 682-236-7601

