



Mary's
Center

Preparing for H1N1 (Swine) Flu at Mary's Center:

Mary's Center's sites in DC and Maryland, currently have very limited SEASONAL flu vaccines to Mary's Center high risk participants only, which include pregnant women and children under 2 years old.

We also have a limited supply of H1N1 vaccines available for high risk Mary's Center participants.

These vaccines will be available for our participants during their scheduled appointments.

For more information or to make an appointment to get the Seasonal Flu and/or the H1N1 vaccine, please call 202-483-8196.

We encourage everyone to get both the Seasonal Flu vaccine and the H1N1 vaccine.

General Preventive Measures to Minimize Exposure to the Flu Include the Following Basic Steps:

- Wash your hands with soap and water for 10-20 seconds
- When you cough or sneeze, cover your nose and mouth with a tissue or your sleeve, not with your hands
- Stay home if you are sick with flu-like illness for at least 24 hours after your fever is Gone