

AUGUST
National
Immunization
Awareness
Month

八月
全國免疫宣傳月



Influenza [Flu] Workshop

流行性感冒講座

Topics 題目：

- What is flu? 什麼是流感？
- What can you do after you have the flu?
如果您患上流感，您可以怎麼做？
- Hygiene practices to prevent getting or spreading the flu?
個人衛生可以預防患上流感或流感的傳播嗎？
- Who should get the vaccine?
誰需要注射流感疫苗？

Brief Description: Influenza is also called the flu or seasonal flu. Flu is caused by a virus and is contagious and can be very dangerous. There are many things you can do to protect yourself and reduce your risk of getting the flu. If you want to learn more about the flu, please attend NEMS' Health Education Workshop.

簡介：流感又叫季節性流感。流感是由病毒引起的，具有傳染性並且可以十分危險。您可以做很多保護措施保護自己和減少患上流感的風險。如果您想要了解更多關於流感的資料，請參加東北醫療中心健康教育部舉辦的課程。

Detailed Information 詳細資料	Chinatown Clinic 三藩市華埠診所	Portola Clinic 三藩市波特羅區診所	Eastmoor Clinic 帝利市診所	1870 Lundy Clinic 聖荷西1870 Lundy街診所
Date 日期	8/2 - 8/30/2022 Every Tue & Thu 逢星期二、四	8/1 - 8/29/2022 Every Monday 逢星期一	8/2 - 8/30/2022 Every Tuesday 逢星期二	8/3 - 8/31/2022 Every Wednesday 逢星期三
Time 時間	10:30am - 11:30am 上午10時半至11時半	2:00pm - 3:00pm 下午2時至3時	11:00am - 12:00pm 上午11時至中午12時	2:00pm - 3:00pm 下午2時至3時
Location 地點	1520 Stockton St., San Francisco, CA 94133	2629 San Bruno Ave., San Francisco, CA 94134	211 Eastmoor Ave., Daly City, CA 94015	1870 Lundy Ave., San Jose, CA 95131
Language 語言	English, Cantonese, Mandarin 英、粵及國語	English, Cantonese, Mandarin 英、粵及國語	English, Cantonese, Mandarin 英、粵及國語	English, Mandarin 英及國語