

South Nassau presents:
TRUTH IN MEDICINE®

South Nassau
& Nassau
County Offer
**NO-CHARGE
FLU SHOTS***
for adults & children

Thursday, Feb. 22
4-7pm

Walk in at the
following locations (no
appointment needed):

SOUTH NASSAU FAMILY
MEDICINE OCEANSIDE
196 Merrick Rd.
Oceanside, NY

SOUTH NASSAU FAMILY
MEDICINE LONG BEACH
761 Franklin Blvd.
Long Beach, NY

Can supplements help prevent colds and flu?

VACCINATION IS THE BEST LINE OF DEFENSE AGAINST THE FLU VIRUS.

Almost half of metro area residents rely on unregulated supplements like vitamins and probiotics to stay healthy, some in an attempt to prevent colds and flu. A whopping 39 percent of those who take supplements for that purpose skipped the flu shot, according to a recent **South Nassau Truth in Medicine Poll, sponsored by Bethpage Federal Credit Union.**

The flu shot is the single best preventive method against the flu, a sometimes-deadly disease. Benefit from cold supplements have never been truly proven to help boost your immunity, whereas the flu vaccine is proven to prevent the flu.

Protect yourself and your children – get vaccinated.



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This message is brought to you as a public service by South Nassau Communities Hospital.

For more poll results and information about cold supplements,
call 877-SOUTH-NASSAU or visit southnassau.org/truth.

*If you are insured, your insurance will be billed for the vaccination, but you will not be responsible for any remaining balance your insurance does not cover, resulting in no cost to you. Uninsured individuals are also welcome.



South Nassau
COMMUNITIES HOSPITAL

where quality matters