



PONCA TRIBE
OF NEBRASKA



FLU SHOTS

Flu shots are in again!

Norfolk Ponca Tribe office Flu Shot Clinic Date is January ~~23~~ 30, 2010

10:00 a.m. – 3:00 p.m.

Location on grounds: Gym Facility

Transportation will be provided by Ponca Express for the following locations Norfolk, Niobrara, and Sioux City to the Norfolk office flu shot clinic. Please call Dani at 1-877-769-3111 by January 15th to schedule a ride.

Lincoln or Sioux City areas please call Fred LeRoy Health and Wellness Center to schedule an appointment to receive your flu vaccination there.

Just a friendly reminder, the Fred LeRoy Health and Wellness Center provides the flu vaccine also, which **YOU MUST MAKE AN APPOINTMENT** and can do so by calling the clinic at 402-733-3612. The shots are given out on a first come first serve basis for Ponca Tribal Members.

The CDC highly recommends that certain groups get vaccinated. These groups include:

Group 1 – All children 6 months through 18 years of age.

Group 2 – Anyone with long term health problems or weakened immune system.

Group 3 – Pregnant Women

Group 4 – Anyone 50 years of age and older

Group 5 – Health Care Providers

If you have any questions concerning the flu vaccine or would like more information, feel free to call the Clinic or Contact Julie at 402 – 371-8834