



*A Multi-Specialty Group Serving the Upstate Since 1971*

# NOVEMBER

IS

## Cold and FLU Season

**FLU SHOTS AVAILABLE - No Appointment Necessary - Walk-Ins Welcome!**

### American Diabetes Month

[www.diabetes.org](http://www.diabetes.org)

### National Healthy Skin Month

visit American Academy of Dermatology

[www.aad.org](http://www.aad.org)

*Any questions, consult with your physician*

OPEN FOR  
**URGENT CARE**  
*Everyday*



**NO APPOINTMENT NEEDED**

Weekday & Evenings	8:00 PM - 8:00 PM
Saturday	9:00 AM - 5:00 PM
Sunday	12 Noon - 5:00 PM
Holidays	10:00 AM - 2:00 PM

**800 PELHAM ROAD • GREENVILLE, SC 29615**

*Hablamos Español*

864.234.5800  
opcion #2



- Get Vaccinated. Vaccination is the best protection we have against the flu.
- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- Take everyday actions to stay healthy.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread that way.
- Stay home if you get sick. The CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Find healthy ways to deal with stress and anxiety.