

Flu Shots Coming to E.ON U.S. and LG&E Facilities

E.ON U.S.'s wellness program offers free flu shots to employees, retirees and spouses. If you cannot make it on a weekday, two Saturday clinics are scheduled.

Please note: The availability of H1N1 flu vaccine is still undetermined at this time. Please watch the wellness site — www.eon-us.com/wellness — for H1N1 updates.

Clinics will take place at the following locations:

Date	Location	Time
Tues., Sept. 29	Mill Creek	6 - 8:30 a.m., 5 - 6:30 p.m.
Fri., Oct. 2	Muldrough	8 - 9 a.m.
Fri., Oct. 2	Mill Creek	2 - 4 p.m.
Fri., Oct. 2	Magnolia	7 - 8:30 a.m.
Wed., Oct. 7	South Service Center	7:30 - 8:30 a.m.
Fri., Oct. 9	Mill Creek	6 - 9:30 a.m.
Sat., Oct. 10	East Operations Center	9 - 11 a.m.
Tues., Oct. 13	Trimble County	12:30 - 2:30 p.m.; 6 - 7 p.m.
Tues., Oct. 13	Simpsonville Control & Data Center	7 - 8:30 a.m.
Thurs., Oct. 15	Ohio Falls	7 - 8 a.m.
Fri., Oct. 16	E.ON U.S. Center	8 - 11 a.m.
Fri., Oct. 16	East Operations Center	7 - 8:30 a.m.; 3 - 4 p.m.
Tues., Oct. 20	Broadway Office Complex — LL	7:30 - 11 a.m.
Tues., Oct. 20	Auburndale Operations Center	7 - 9 a.m.; 3 - 4 p.m.
Thurs., Oct. 22	Broadway Office Complex — Annex	7 - 10 a.m.
Fri., Oct. 23	Cane Run	5 - 8:30 a.m.
Fri., Oct. 23	Trimble County	12:30 - 2:30 p.m.; 6 - 7 p.m.
Wed., Nov. 11	Cane Run	5 - 8:30 a.m.
Sat., Nov. 14	Auburndale Operations Center	9 - 11 a.m.

Prior to attending a flu shot clinic, please go to www.eon-us.com/wellness/flushots.asp for the most up-to-date times, dates and locations.

What you can do to avoid the flu

Practice the following flu prevention measures and encourage these healthy habits among family members.

- Clean your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective.
- Cover your mouth and nose when you sneeze or cough, preferably with a tissue. Throw the tissue in the trash after you use it. Better still: Cough into your arm/sleeve.
- Avoid touching your eyes, nose or mouth.
- Get plenty of sleep.
- Exercise.
- Manage your stress.
- Drink plenty of fluids.
- Eat nutritious foods.

