

Flu Shots Coming to KU Facilities

E.ON U.S.'s wellness program offers free flu shots to employees, retirees and spouses.

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 KU locations:

Date	Location	Time
Tues., Oct. 13	Shelbyville Office	7:30 - 9 a.m.
Wed., Oct. 14	Pineville	8 - 9 a.m.
Wed., Oct. 14	Richmond Service Center	8 - 9 a.m.
Wed., Oct. 14	E.W. Brown	Noon - 2 p.m.
Thurs., Oct. 15	London Office	8 - 9 a.m.
Thurs., Oct. 15	ODP Norton Office	7:30 - 9:30 a.m.
Fri., Oct. 16	Elizabethtown Storeroom	8 - 9 a.m.
Tues., Oct. 20	KU General Office	7 - 11 a.m.
Wed., Oct. 21	E.W. Brown	Noon - 2 p.m.
Mon., Oct. 26	Ghent	5:30 - 11 a.m.
Mon., Nov. 9	Lexington Substation	7:30 - 9:30 a.m.
Tues., Nov. 10	Paris Office	8 - 9:30 a.m.
Fri., Nov. 13	Lexington Operations Center	7 - 9 a.m.
Mon., Nov. 16	Morganfield	7:30 - 8:30 a.m.
Tues., Nov. 17	Danville Training Center	8 - 9 a.m.
Tues., Nov. 17	Earlington Operations Center	7:30 - 9:30 a.m.
Wed., Nov. 18	Eddyville	7:30 - 8:30 a.m.
Thurs., Nov. 19	Green River Plant	6 - 8 a.m.
Fri., Nov. 20	Green River Plant	6 - 8 a.m.
Tues., Nov. 24	Greenville Office	7:30 - 9:30 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.



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