



Getting Your Flu Vaccine



A quick guide on where you can receive a flu vaccine this flu season.

OPTION 1 :

On-Site
Flu Clinic



The State of Maine is working with Osco (Shaw's) Pharmacy to host on-site flu clinics and in-store clinics.

To view the schedule, visit:
Office of Employee Health and Wellness
or
contact WellStarME at 207-620-9202.

OPTION 2 :

Visit a
Pharmacy
Near You



Many major pharmacies offer flu vaccines.

Pharmacies to consider include:
Shaw's
Hannaford
Walgreens
Walmart
CVS

Contact your local pharmacy to learn more about their opportunities to receive a flu shot.

OPTION 3 :

Visit Your
Health Care
Provider



Flu vaccines can be administered at your primary care provider's office.

If you already have an appointment scheduled, you can ask for a flu shot while there.

OR

Call your provider and schedule a time to receive your flu vaccine.

OPTION 4 :

Visit
ConvenientMD



Hours:
8am to 8pm
7 days a week

Locations in:
Augusta
Bangor
Brunswick
Portland
Saco
Westbrook

No appointment required.

For more information, visit the ConvenientMD website.

Additional Resources:

- [Flu Vaccine Information Statement](#)
- [Flu Facts Handout](#)

For questions, please contact:

Your Health & Wellness Navigation Team

wellnessnavigator@mcd.org

(207) 620-9209