

Flu Shots Coming to KU Facilities

The company's wellness program offers free flu shots (based upon availability of the vaccine) to employees, retirees and spouses.

Clinics will take place at the following KU locations:

Date	Location	Time
Mon., Oct. 3	Lexington Operations Center	7 - 9 a.m.
Mon., Oct. 3	Morganfield	7:30 - 9:30 a.m.
Mon., Oct. 3	Greenville Office	7:30 - 9:30 a.m.
Tues., Oct. 4	Elizabethtown Storeroom	7:30 - 9:30 a.m.
Tues., Oct. 4	Earlington Operations Center	7:30 - 9:30 a.m.
Tues., Oct. 4	Green River	7 - 9 a.m.
Wed., Oct. 5	KU General Office	7 - 11 a.m.
Wed., Oct. 5	Eddyville	7:30 - 9:30 a.m.
Wed., Oct. 5	Green River	7 - 9 a.m.
Thurs., Oct. 6	E.W. Brown	1:30 - 2:30 p.m.
Thurs., Oct. 6	Richmond Service Center	8 - 9 a.m.
Thurs., Oct. 6	Shelbyville Office	7:30 - 8:30 a.m.
Fri., Oct. 7	E.W. Brown	1:30 - 2:30 p.m.
Mon., Oct. 10	Lexington Substation	8 - 10 a.m.
Tues., Oct. 11	Paris	8 - 9:30 a.m.
Mon., Oct. 17	Ghent	5:30 - 10 a.m.
Mon., Oct. 24	ODP Norton Office	7:30 - 9:30 a.m.
Tues., Oct. 25	Pineville	8 - 10 a.m.
Tues., Oct. 25	London Office	1 - 3 p.m.
Tues., Nov. 1	Danville Training Center	7:30 - 9:30 a.m.

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

What you can do today

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.



a PPL company



a PPL company

P.O. Box 32030
Louisville, Ky. 40232-2030

PRESORTED
FIRST CLASS
US POSTAGE
PAID
BGMS
40511

Flu Shot Clinics 2011