



A Health Word From Third

November 2025

Protect Your Health

Get your Annual Flu Vaccine

- Everyone ages 6 months and over should be vaccinated
- Get the vaccine as soon as possible for coverage during the entire season
- See Renita Fernandez or June Javier for vaccination locations

Preventing the Flu

- Wash your hands often
- Avoid sick persons

Resource: www.cdc.gov



TBC 2025 Flu and COVID Clinic in collaboration with The Prescription Shoppe Pharmacy

Lung Cancer Awareness Month

Let's Shine a Light on Lung Cancer Together

The month of November is synonymous with Thanksgiving, but did you know that November is also Lung Cancer Awareness Month? This year, let's take a moment to learn something new, spread the word, and stand by anyone impacted by lung cancer.

Quick Facts About Lung Cancer

- Causes almost 1 out of every 4 cancer deaths
- Does not only affect smokers - non-smokers can get it too
- Early diagnosis boosts the chances of survival
- **Signs can include:** a cough that won't quit, chest pain, trouble breathing, or losing weight without trying

How Can You Help?

- Be aware of the **risks of lung cancer** which can include smoking (past or present), living with others who smoke, or working and/or living in an environment with high-risk chemical/air exposure
- Remind family friends to chat with their doctor about annual lung cancer screening
- Support various groups/organizations working hard to fund research
- Show support by wearing a white ribbon during the month of November

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