

CAROLINAS' RETIREES/SPOUSES ADMISSION TICKET

(For Those Who Do Not Have a Progress Energy Badge)

Influenza Immunization Program

Oct. 12 – Dec. 3, 2009



Security Requirements:

For spouses, domestic partners and retirees

You must bring this original letter and a government-issued photo ID in order to receive a flu shot. In facilities that have an attendant in the lobby area, please check in and present this letter and your ID.

Who's eligible?

This program is available for Progress Energy employees, their spouses and domestic partners. All active and retired employees, spouses of active or retired employees, domestic partners of active or retired employees and employees on long-term disability are eligible for a free flu shot through the influenza immunization program for Progress Energy Carolinas, Progress Energy Florida and Progress Energy Service Company.

Are children eligible?

Children are not eligible regardless of age.

Expecting a baby?

Please obtain a consent form from your physician prior to getting a shot.

Why should I get a shot?

Flu vaccinations are 70 to 90 percent effective in helping healthy adults avoid contracting influenza. The company recommends all employees take advantage of this program. Vaccines are available and shortages are not expected. Physicians highly recommend annual vaccinations for people over the age of 65, as well as individuals with diabetes, respiratory illness or cardiovascular diseases.

Will the seasonal flu vaccine also protect against the 2009 H1N1 flu?

No. The seasonal flu vaccine is not expected to protect against the 2009 H1N1 flu.

Will H1N1 vaccines be offered?

No. Progress Energy will not provide the H1N1 vaccine to retirees/spouses. Check with your local health department or physician.

Should everyone participate?

Side effects are rare. However, anyone allergic to eggs, chickens, chicken feathers, chicken dander or thimerosal should not receive the vaccine. If you have questions about whether you should receive an immunization, please check with your personal physician. Participation in this influenza immunization program is strictly voluntary.

I just got a shot last year. Do I need another one?

The influenza vaccine only lasts for one flu season, so it is necessary to be vaccinated again each year.

Do I need to make an appointment?

First come, first serve, no appointment needed. Selection of a site, date or time for your immunization is a personal preference. Please choose from among the listed options to best suit your needs and work schedule.

What should I do to prepare?

Please wear appropriate clothing on the day you receive your vaccination. The nurses on site must be able to administer the shot in your upper arm, so wear a short-sleeved shirt or a shirt with sleeves that can be easily rolled up to your shoulder. Please also have identification available.

How do I learn more about this program?

Contact Health & Safety Support at 919-546-7375 or visit:

<http://www.progressenergy.com/retirees/schedule.asp>.

Aberdeen Administrative Office	805 N. Pinehurst St., Aberdeen, NC	Nov. 5	8:00 am – Noon
Asheboro Line & Service	2929 US Highway 64 E., Asheboro, NC	Nov. 18	7:00 am – 9:00 am
Asheville Plant (Skyland)	200 CPL Dr., Arden, NC	Oct. 28	8:00 am – 11:00 am
Asheville Western Region Office	555 Brevard Rd., Asheville, NC	Oct. 12	8:00 am – 1:00 pm
Asheville Operations Center	12 E. Oakview St., Asheville, NC	Oct. 21	7:30 am – 10:00 am
Brunswick Media/Visitors Center	8520 River Rd. SE, Southport, NC	Oct. 29	8:00 am – 3:00 pm
Cape Fear Plant	500 CPL Rd., Moncure, NC	Oct. 20	9:00 am – Noon
Cape Fear Operations Center	6670 Wade Stedman Rd., Wade, NC	Oct. 20	8:00 am – 1:00 pm

Cary Office	1020 West Chatham St., Cary, NC	Nov. 11	9:00 am – 3:00 pm
Cheraw Warehouse	103 N. Trade Ln., Cheraw, SC	Nov. 23	7:00 am – 8:00 am
Clinton Construction Center	119 Five Bridge Rd., Clinton, NC	Oct. 13	10:00 am – 11:00 am
Southern Regional Distribution Engineering and Ops Center Auditorium	1755 Mechanicsville Rd., Florence, SC	Oct. 27	7:00 am – 3:00 pm
Garner Energy Information Center	1418 Mechanical Blvd., Garner, NC	Oct. 12	8:00 am – Noon
Garner Operations Center	9920 Fayetteville Rd., Garner, NC	Oct. 20	7:00 am – 2:00 pm
Goldsboro Operations Center	350 Arrington Bridge Rd., Goldsboro, NC	Oct. 29	7:00 am – 10:00 am
Harris E&E Center	3932 New Hill-Holleman Rd., New Hill, NC	Nov. 17	2:00 pm – 6:00 pm
Hartsville Operations Center	1001 Railroad Ave., Hartsville, SC	Nov. 17	7:00 am – 1:00 pm
Henderson District Office	602 Raleigh Rd., Henderson, NC	Nov. 12	7:00 am – 10:00 am
Jacksonville Construction Center	2637 Gum Branch Rd., Jacksonville, NC	Oct.20	8:00 am – 10:00 am
Kingstree	696 Nelson Blvd., Kingstree, SC	Oct. 21	9:30 am – 11:00 am
Lee Plant	1677 Old Smithfield Rd., Goldsboro, NC	Oct. 21	Noon – 2:00 pm
Marion Line & Service Construction Center	2696 E. Hwy. 76, Mullins, SC	Oct. 15	7:00 am – 8:30 am
Mayo Plant	10660 Boston Rd., Roxboro, NC	Oct. 29	9:00 am – Noon
Morehead City Operations Center	270 Arthur Farm Rd., Newport, NC	Oct. 27	Noon – 2:00 pm
New Bern Construction Center	103 Executive Pkwy., New Bern, NC	Oct. 27	8:00 am – 10:00 am
North Raleigh Operations Center	3000 Spring Forest Rd., Raleigh, NC	Oct. 20	9:00 am – Noon
Progress Energy Building, Room 1112B	410 S. Wilmington St., Raleigh, NC	Oct. 22	8:00 am – 5:00 pm
Progress Energy Building, Room 1112A	410 S. Wilmington St., Raleigh, NC	Oct.28	Noon – 5:00 pm
Progress Energy Building, Room 1113B	410 S. Wilmington St., Raleigh, NC	Nov. 2	Noon – 5:00 pm
Progress Energy Building, Room 1113B	410 S. Wilmington St., Raleigh, NC	Nov. 11	7:30 am – Noon
Raleigh Customer Service Center	160 Rush St., Raleigh, NC	Nov. 5 Nov. 12	9:00 am – 3:00 pm 9:00 am – 3:00 pm
Rockingham Operations Center	467 Wiregrass Rd., Rockingham, NC	Nov. 4	1:00 pm – 4:00 pm
Roxboro Plant	1700 Dunnaway Rd., Semora, NC	Oct. 21 Dec. 3	1:00 pm – 4:30 pm 1:00 pm – 4:30 pm
Sanford Operations Center	1025 Frazier Dr., Sanford, NC	Oct. 20	8:00 am – 11:00 am
Selma	221 US Hwy. 70 East, Selma, NC	Oct. 21	8:00 am – 10:00 am
Skaale Control Center	3401 Hillsborough St., Raleigh, NC	Oct. 28	10:00 am – Noon
Sumter Construction Office	330 South Pike West, Sumter, SC	Nov. 3	7:30 am – 10:00 am
Sutton Plant	801 Sutton Steam Plant Rd., Wilmington, NC	Oct. 28	8:00 am – 1:00 pm
Weatherspoon Plant	491 Power Plant Rd., Lumberton, NC	Oct. 22	6:45 am – 10:00 am
West Raleigh	7001 Pinecrest Rd., Raleigh, NC	Oct. 27	7:00 am – Noon
Whiteville Operations Center	3524 Chadbourne Rd., Whiteville, NC	Oct. 13	9:00 am – 11:00 am
Wilmington Eastern Region Office	1451 Military Cutoff Rd., Wilmington, NC	Oct. 27	8:00 am – 1:00 pm
Zebulon Office	1825 Old US 264 Hwy., Zebulon, NC	Oct. 28	8:00 am – 11:00 am