



## School Age Children (SAC) 2016-2017 Influenza Programs

Due to severe reductions in federal funding, program eligibility may be restricted and/or the timing of this year's clinic may be delayed. Please feel free to contact the Vaccines for Children Program at 586-8300 (Oahu) or 1-800-933-4932 (Neighbor Islands) should you have any questions.



## Beneficiaries Schedule

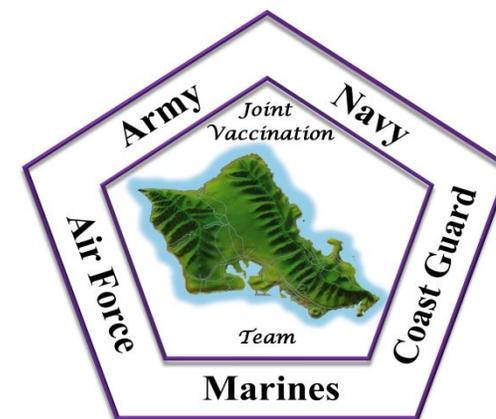
EXCHANGES		
DATES	TIME	LOCATION
Oct 14	9:00AM - 2:00PM	Pearl Harbor NEX
Oct 15	9:00AM - 2:00PM	Pearl Harbor NEX
Oct 15	9:00AM- 2:00PM	Schofield PX
Oct 22	9:00AM- 2:00PM	Hickam PX

Beneficiary Locations
<u>Kaneohe Bay</u> M-F: 0730-1530 <b>Closed 1st THURS of every month 1130-1400</b>
<u>Makalapa Clinic</u> M-F: 0730-1630 <b>Closed 1<sup>st</sup> THURS of every month 1145-1400</b>
<u>Shipyard Clinic (Bldg 1750)</u> M-TH: 0700-1530 F: 0730-1100
<u>TAMC Immunization Clinic</u> M-F: 0800-1530 <b>Closed 1<sup>st</sup> FRI of every month 1200-1530</b>
<u>Schofield Barracks</u> M-F: 0730-1130, M & F: 1300-1500, T, W, TH: 1300-1400
<u>Hickam MDG</u> M,T, TH, F: 0730-1600 Wednesday: 0730-1400 <b>Closed the 3<sup>rd</sup> THURS of every month</b>

# 2016-2017

## Hawaii Joint Vaccination Team

## Influenza Vaccination Information



Oahu Joint Services  
Phone: 433-1FLU

## Who should get the Flu Vaccine?



- All people **6 months of age and older** should get flu vaccine.
- Vaccination is especially important for people at higher risk of severe influenza and their close contacts, including healthcare personnel and close contacts of children younger than 6 months.

### Where to get the Flu Vaccine?

- Beneficiaries can go to any clinic location starting October 10<sup>th</sup> to be vaccinated.
- Beneficiaries may also go to any Tricare retail network pharmacy to be vaccinated at no cost ([www.express-scripts.com/tricare/pharmacy](http://www.express-scripts.com/tricare/pharmacy)).

### 2016-2017 DOD will only offer:

- **Inactivated influenza vaccine**



### There are some people who should not get the vaccine.

If you ever had a life-threatening allergic reaction after a dose of flu vaccine, or have a severe allergy to any part of the vaccine, you may be advised not to get a dose. Most, but not all, types of flu vaccine contain a small amount of egg.

If you ever had Guillain-Barré Syndrome (a severe paralyzing illness, also called GBS). Some people with a history of GBS should not get the vaccine. This should be discussed with your doctor.

People who are moderately or severely ill should usually wait until they recover before getting the flu vaccine. People with a mild illness can usually get the vaccine.

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Adapted from CDC material  
Please visit [www.CDC.gov/flu](http://www.CDC.gov/flu) for more information on Influenza virus and vaccines.



### Preventing the Flu:

1. **GET VACCINATED!** Vaccination is the primary way to prevent the flu.
2. Avoid close contact with people who are sick. When you are sick keep your distance from others.
3. Stay home when you are sick if possible, this will aid in reducing transmission of your illness.
4. Cover your mouth and nose with a tissue when coughing or sneezing.
5. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
6. Germs are often spread when a person touches contaminated things avoid touching eyes, nose, or mouth.
7. Other good habits are to get plenty of sleep, engage in physical activity, drink plenty of water and eat healthy meals to help you stay healthy.
8. If you contract the flu, there are medications that are available to help. Your provider can discuss this with you if necessary.