

**Tripler Army Medical Center
Public Affairs Office News Release**

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Hand washing is important

Tripler Clinics continue to immunize CDC Guideline patients

(Editor's Note: Tripler hopes to receive more vaccine and will be continually updating information as supplies change. Please NOTE date of release in upper right hand corner. Thank you.

More information on good health habits is available on the CDC's website available at <http://www.cdc.gov/>. For local updates, please check Tripler's website at www.tamc.amedd.army.mil and click on Flu Updates.)

**by Margaret Tippy
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HONOLULU— Tripler Army Medical Center's Allergy and Immunization Clinic is still immunizing "high risk patients" as identified by CDC during normal immunization hours. The criteria as to who meets these guidelines is listed below and is also available at <http://www.cdc.gov/>

The clinic's immunization hours are Tuesdays, 1 – 3 p.m., and Wednesdays and Fridays, 9 – 11:30 a.m. The clinic is located on Tripler's fourth floor. The two easiest ways to get there are:

1. Park on the Mountainside and stay to your left. Walk all the way down the left corridor and you'll be at the clinic.
2. Park Oceanside and take the elevators near the Tripler Post Office and Distribution Center. Go to the fourth floor, turn right and you will be at the clinic.

Patients who meet CDC guidelines and are enrolled to the Pediatric Clinic will be vaccinated during regular immunization hours which are Mondays, Tuesdays, Thursdays, and Fridays, 8 a.m. – 4 p.m., and Wednesdays, 8 a.m. – noon, and 2 – 4 p.m.

Patients enrolled in the Tripler Family Practice Clinic and who meet CDC guidelines will be vaccinated during regular immunization hours, which are weekdays 7:30 – 11:30 a.m. and 1 – 3:30 p.m. except Wednesday afternoons when hours are 2 – 3:30 p.m.

Patients enrolled to Schofield Clinic and who meet CDC guidelines may be vaccinated during Schofield Immunization Clinic's regular immunization hours, which are:

- Mondays – 8 a.m. – noon and 1 - 2:30 p.m.
- Tuesdays & Thursdays – 7:30 a.m. – noon and 1 - – 3:30 p.m.
- Wednesdays – 7:30 a.m. – noon

Fridays – 7:30 a.m. – noon and 1 – 2:30 p.m. except the last Friday of every month when the hours are 1 – 2:30 p.m. only

These are the adult patients that CDC has identified as “high risk” who should get the flu vaccine during the clinic dates/times above:

- People who are 65 years of age and older.
- People 18 years and older who have an underlying, long-term illness (heart or lung disease, metabolic disease [like diabetes], kidney disease, a blood disorder, or a weakened immune system (including people with HIV/AIDS).
- Women who will be pregnant this flu season.
- People who live in nursing homes or other chronic-care places. People who have or who take care of a baby under 6 months old. (do **not** give a flu shot to babies under 6 months.)

These are the pediatric patient populations that CDC has identified as “high risk” who should get the flu vaccine:

- Children ages 6 months to 23 months
- People 2 years and older who have an underlying, long-term illness (heart or lung disease, metabolic disease [like diabetes], kidney disease, a blood disorder, or a weakened immune system (including people with HIV/AIDS).
- People who are 6 months to 18 years of age, and take aspirin daily.
- People who have or take care of a baby under 6 months old. (Do **not** give a flu shot to babies under 6 months.)

For information on flu vaccinations available in the community, please call 211. Tripler’s Immunization Clinic may be reached at 433-6334. The Pediatric Immunization Clinic may be reached at 433-6234, and Tripler Family Practice Clinic may be reached at 433-3300. Schofield’s Immunization Clinic may be reached at 433-8145.

Good health habits prevent getting the flu. People should concentrate on not getting the flu by doing the following:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

The CDC website includes many of these prevention tips in other languages such as Spanish, Chinese, Tagalog, and Vietnamese. The CDC also offers toll-free hotlines to the public in English 888-246-2675 | Español 888-246-2857 | TTY 866-874-2646.

(The CDC’s website contributed many of the tips listed in this release.)