



**School Age Children's (SAC)
2009-2010 Influenza Program**

Barbers Point Elementary	15 OCT	0730-1200
Iroquois Elementary	22 OCT	0730-1200
Solomon Elementary	29 OCT	0800-1400
Pearl Harbor Kai	03 NOV	0930-1400
Navy Hale Keiki School	05 NOV	0800-1030
Shafter Elementary	09 NOV	0800-1130
Wheeler Elementary	12 NOV	0800-1200
Hickam Elementary	16 NOV	0730-1200
Wheeler Middle	18 NOV	0800-1200
Hale Kula Elementary	19 NOV	0800-1200
Mokapu Elementary	19 NOV	0730-1400

Exchange Vaccinations from: 0900-1400	
DATES	LOCATION
Saturday, Oct 24	Hickam BX
Saturday, Nov 07	NEX, PH
Friday, Nov 13	NEX, PH
Sunday, Nov 15	Kaneohe Bay MCX
Saturday, Nov 21	Schofield PX

Beneficiary Locations
Kaneohe Bay Clinic: M, T, W, & F: 0730-1130, 1300-1530 Th: 0730-1130, 1300-1400
Makalapa Clinic: M-F: 0730-1700 1 st Sat of each month: 0800-1600
Headquarters Clinic (Bldg 1750): M-F: 0730-1600
TAMC: T: 1300-1500, W&F: 0900-1130 Schofield: M-Th: 0730-1130, F: 0900-1130 M,W,F: 1300-1500 T & Th: 1300-1400
Ft. Shafter: M-W: 1300-1600 F: 1300-1600
Air Force Clinic M,T,Th,F: 0800-1130

Retiree Seminars
Date: Saturday, Nov. 07, 2009, 0700-1200 Location: Fleet Reserve Association Branch 46 891 Valkenburgh St
Date: Saturday, Oct. 17 2009, 0800-1300 Location: Hale Ikena (Bldg 711), Fort Shafter

2009-2010

**Joint Public Health
Emergency
Working Group**



Pacific Regional Medical Command/
Tripler Army Medical Center



Hickam Air Force Base, Hawaii



**Oahu Joint Services
Phone: 433-1FLU**



2009-2010 Influenza Vaccinations

EVERYONE SHOULD GET VACCINATED



Children aged 6 months up to their 19th birthday.

Pregnant women.

People 50 years of age and older.

People of any age with certain chronic medical conditions.

People who live in nursing homes and other long-term care facilities.

People who live with or care for those at high risk for complications from flu, including:

- a. Health care workers
- b. Household contacts of persons at high risk for complications from the flu
- c. Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

*There are two types of influenza vaccine: **Live, attenuated** influenza (LIV) and inactivated influenza (TIV)*



THE FOLLOWING PEOPLE SHOULD NOT GET THE FLU VACCINE

Anyone who has ever had a serious allergic reaction to EGGS or another vaccine component, or to a previous dose of influenza vaccine.

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.

PLEASE NOTE THAT THE INFLUENZA VACCINATION DOES NOT PROTECT YOU FROM H1N1 (SWINE FLU).

Vaccines are not the only way to prevent the flu!

Here are some other ways to help you prevent from getting sick



1. Avoid close contact with people who are sick. When you are sick keep your distance from others to protect them from getting sick too.
2. Stay home when you are sick if possible, this will help prevent others from catching your illness.
3. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
4. Clean your hands often. Washing will help protect you from spreading germs.
5. Avoid touching your eyes, nose, or mouth. Germs are often spread when a person touches something contaminated and then touches his or her eyes, nose, or mouth.
6. Other good habits is to get plenty of sleep, engage in physical activity, drink plenty of water and eat a balance meal to help you stay healthy.
7. If you contract the flu, there are medications that are available to help. Your provider will be happy to discuss this with you if necessary.