



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

Iroquois Point Elementary	12 OCT	0830-1230
Navy Hale Keiki School	14 OCT	0830-1030
Barbers Point Elementary	15 OCT	0815-1215
Hickam Elementary	18 OCT	0830-1130
Wheeler Elementary	19 OCT	0830-1130
Hale Kula Elementary	04 NOV	0830-1230
Solomon Elementary	09 NOV	0800-1330
Pearl Harbor Kai	09 NOV	0930-1300
Mokulele Elementary	16 NOV	0815-1115
Mokapu Elementary	18 NOV	0830-1230
Shafter Elementary	18 NOV	0830-1030
Wheeler Middle	24 NOV	0800-1200



Flu shots for beneficiaries will take place from 0900-1400 at the following locations:

EXCHANGES	
DATES	LOCATION
Saturday, Oct 23	Hickam BX
Saturday, Nov 06	Pearl Harbor NEX
Friday, Nov 12	Pearl Harbor NEX
Saturday, Nov 13	Kaneohe Bay MCX
Saturday, Nov 20	Schofield PX

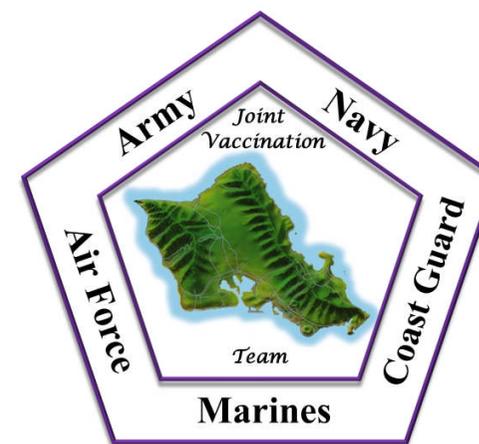
Beneficiary Locations
<p><b><u>Kaneohe Bay</u></b> M, T, W, &amp; F: 0730-1130, 1300-1530 TH: 0730-1130, 1300-1400</p>
<p><b><u>Makalapa Clinic</u></b> M-F: 0730-1700 1<sup>st</sup> SAT of each month: 0800-1600</p>
<p><b><u>Headquarters Clinic (Bldg 1750)</u></b> M-F: 0730-1600</p>
<p><b><u>Tripler Army Medical Center</u></b> T: 1300-1500, W &amp; F: 0900-1130</p>
<p><b><u>Schofield Barracks</u></b> M-TH: 0730-1130, F: 0900-1130 M, W, F: 1300-1500, T &amp; TH: 1300-1400</p>
<p><b><u>Hickam MDG</u></b> M &amp; F: 0800-1600, W: 0800-1400 T &amp; TH: 0730-1600 Every 3<sup>rd</sup> Thursday of the month closed at 1200</p>

Retiree Seminars
<p>Date: Saturday, Oct. 09 2010, 0800-1300 Location: Nehelani, Schofield Barracks</p>

**2010 – 2011**

**Joint  
Vaccination  
Team**

**Influenza  
Vaccination  
Information**



Oahu Joint Services  
Phone: 433-1FLU

## Who should get the Flu Vaccine?



- All persons 6 months and older.
- Pregnant women or who may become pregnant during influenza season.
- People of any age with certain chronic medical conditions.
- People who live in chronic care facilities.
- Those who are Immuno-suppressed.
- Health care workers.
- Household contacts and caregivers of persons at high risk for complications from the flu.
- Household contacts and caregivers of children aged 5 yrs or older.

## There are two types of Flu vaccine:

- **Live, attenuated** influenza (LIAV)
- **Inactivated** influenza (TIV)

The influenza vaccine for the 2010-2011 season includes the H1N1 strain. Healthy, nonpregnant persons aged 2 to 49 years can receive either vaccine. Persons with high-risk conditions or 50 years of age or older should receive the TIV.



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

- Anyone who has ever had a serious allergic reaction to eggs, 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.

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



Vaccines are not the only way to prevent the flu!

Here are some other ways to help prevent you 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.