

School Age Children (SAC) 2012-2013 Influenza Programs

School Name	Date	Clinic Time
Mokapu El	Oct. 16	8:30 a.m.-noon
Barbers Point El	Oct. 19	8-11 a.m.
Pearl Harbor Kai	Oct. 26	8-11 a.m.
Kailua Inter	Oct. 30	8 a.m.-noon
Solomon El	Nov. 1	8 a.m.-12:30 p.m.
Hickam El	Nov. 8	8:30-11:45 a.m.
Moanalua Middle	Nov. 9	8:15-11:15 a.m.
Wheeler El	Nov. 14	8:15-11 a.m.
Iroquois El	Nov. 15	8 a.m.-12:30 p.m.
Mokulele El	Nov. 15	8:15-11:15 a.m.
Shafter El	Nov. 16	8-11 a.m.
Hale Kula El	Nov. 27	8 a.m.-noon
Navy Hale Keiki	Nov. 29	8:30-10:30 a.m.



<http://flu.hawaii.gov/SFAS.html> or call 2-1-1.

Beneficiaries Schedule

EXCHANGES		
Dates	Time	Location
Oct. 4	9 a.m.- 2 p.m.	Pearl Harbor NEX
Oct. 5	9 a.m.- 2 p.m.	Pearl Harbor NEX
Oct. 13	9 a.m.- 2 p.m.	Schofield PX
Oct. 20	9 a.m.- 2 p.m.	K Bay MCX
Oct. 25	9 a.m.- 2 p.m.	Fort Shafter
Oct. 27	9 a.m.- 2 p.m.	Hickam BX

Beneficiary Locations

Kaneohe Bay

M, T, W & F: 7:30-11:30 a.m.; 1-3:30 p.m.
Th: 7:30-11:30 a.m.; 2-3:30 p.m.

Makalapa Clinic

M-F: 7:30 a.m.-4:30 p.m.

**Closed 1st Thursday of every month
11:45 a.m. -2 p.m.**

Shipyard Clinic (Bldg 1750)

M-F: 7 a.m.-3:30 p.m.

TAMC Immunization Clinic

M-F: 8 a.m.-4 p.m.

Schofield Barracks

M-Th: 7:30-11:30 a.m., F: 9-11:30 a.m.
M, W, F: 1-3 p.m., T & Th: 1-2 p.m.

Hickam MDG

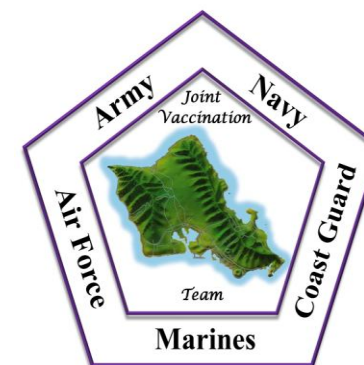
M & F: 8-11:45 a.m. & 1-4 p.m.
T & Th: 7:30-11:45 a.m. & 1-4 p.m.
W: 7:30-11:45 a.m. & 1-2 p.m.

Closed the 3rd Thursday of every month

2012 – 2013

Joint Vaccination Team

Influenza Vaccination Information



Flu Hotline

433-1FLU

www.tamc.amedd.army.mil/flu

Who should get the flu vaccine?

- All people **6 months of age and older** should get flu vaccine.
- The 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.
- Get the vaccine as soon as it is available. This should provide protection if the flu season comes early.



Who shouldn't get the flu 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.

Types of Vaccine

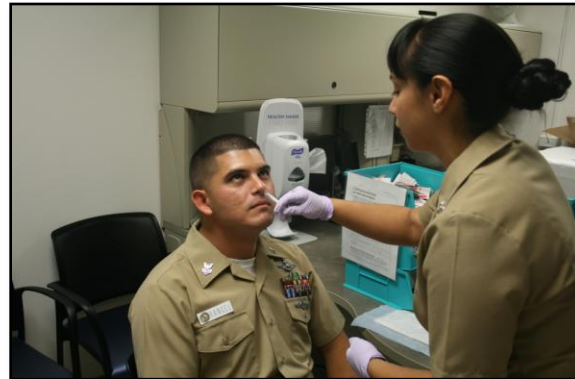
There are two types of flu vaccines offered by Tricare:

- *Live, attenuated influenza (LIAV)*, or a nasal mist
- *Inactivated influenza (TIV)*, or a flu shot

Healthy, non-pregnant people between 2-49 years old can receive either the nasal mist or flu shot for the 2012-2013 season.

People between 6 months and 2 years old, over 50 years old, or with high-risk conditions should receive the inactivated influenza (TIV), or flu shot.

Military clinics will not have the intradermal vaccination or the high dose influenza vaccination for seniors (over 65 years of age).



Flu Prevention Tips



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 at home when you are sick if possible, this will aid in reducing transmission of your illness.
3. Cover your mouth and nose with a tissue when coughing or sneezing and dispose of it in a trash receptacle.
4. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
5. Germs are often spread when a person touches things contaminated and then touches his or her eyes, nose or mouth.
6. Other good habits are 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 primary care manager will be happy to discuss this with you if necessary.

Adapted from CDC material

Please visit www.CDC.gov for more information on influenza virus and vaccines.