

PR #2010-30

Navy Medicine Conducts SHOTEX to Prepare for Flu Season
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Story Number: NNS100927-13

Release Date: 9/27/2010

WASHINGTON (NNS) -- Flu season has arrived and the Navy Bureau of Medicine and Surgery (BUMED) responded with a flu vaccination exercise (SHOTEX) for all hands held at BUMED in Washington, D.C., Sept. 27.

BUMED teamed up with National Naval Medical Center staff to administer more than 250 vaccinations to BUMED active duty and civilian personnel.

"The seasonal flu vaccine this year will have the H1N1 strain plus other strains in the one vaccine, so there will be one shot that people will have this year to be vaccinated," said Vice Adm. Adam M. Robinson, Navy surgeon general. "It's important for all the active duty personnel to realize that in order to prevent flu the single best way to do that is with vaccination."

After receiving a short screening, active duty service members and staff lined up in the BUMED rotunda to get their flu vaccinations.

"It is important to keep our Navy medicine workforce, both active duty and civilian, healthy and ready to support the mission at a moment's notice," said Nancy Delahoya, National Naval Medical Center environmental health officer.

According to NAVADMIN 255/10, dated August 2010, it is mandatory for all active duty service members to receive the flu vaccine. Civilian employees have a choice of either the shot or the flu mist.

In addition to receiving the vaccine, Robinson recommended other methods to limit the effects of the seasonal and H1N1 flu: cover your mouth when you cough; covering your mouth with a tissue is best in order to reduce the spread of germs; wash your hands often; avoid touching your eyes, nose or mouth; and if possible, stay home from work, school and errands when you are sick.

"We'll be monitoring the seasonal flu virus carefully over the coming weeks and months and will be proactive in developing contingency plans to address any public health issues if required," said Robinson.

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