

Take Control of your health

December
2015



Albany | Jacksonville | Key West | Kings Bay | Mayport

Flu vaccine

Annual flu vaccine is the single best way to prevent seasonal influenza (flu).

Everyone age six months and older should get flu vaccine each year, according to the Centers for Disease Control and Prevention.

It's a requirement for active duty military, selected reserves, and health care workers.

The vaccine is available in two forms: Flu mist—squirted into the nose—is for healthy patients ages two to 49; and flu shot—injectable—for people 50 years of age and over, pregnant women, and anyone with a chronic medical condition such as asthma, diabetes, or emphysema.

Flu season can start as early as October and last until May.

Good health habits may also help protect against the flu.

Avoid close contact with sick

people; stay home when you're sick; cover your mouth and nose when you cough or sneeze; wash your hands; and avoid touching your eyes, nose, or mouth.

Always practice good health habits—keep a clean environment, get plenty of sleep, be physically active, drink water, and eat nutritious foods.

Stop by Immunizations today to get your flu vaccine.

Find out more from our Immunizations Clinics, Medical Home Port team (see our [Medical Home Port page](#)), or at www.cdc.gov.

Immunizations Clinics:

Hospital: (904) 542-7810

BHC Albany: (229) 639-7815

BHC Jax: (904) 546-7050

BHC Key West: (305) 293-3929

BHC Kings Bay: (912) 573-8250

BHC Mayport: (904) 270-4305



200,000

hospitalizations each year for
flu virus-associated infections

about 2 weeks

time for protection to set in
after vaccination

250,000 - 500,000

estimated deaths per year
(worldwide) from flu epidemic

Ask the Doc

*By Capt. Joe McQuade, M.D.,
Naval Hospital Jacksonville*

Q: Why should I quit smoking?

A: Within hours of quitting, carbon monoxide in your blood drops to normal. After a year, your excess risk of heart disease is half that of a smoker's.

Tobacco kills up to half of its users. There's 7,000 chemicals in cigarette smoke—70 of which are known to cause cancer.

Second-hand smoke is equally as dangerous—containing the same chemicals that a smoker inhales—and harms both adults and children.

See your primary care manager, or stop by the Wellness Center or Health Promotions. We can help you quit—once and for all—with prescription medicine, nicotine gum and classes. Now is the time.

CLASSES

December

**Choose My Plate;
Fitness Assessment;
Lose Weight, Feel
Great;
Tobacco Cessation**

Hospital
Wellness Center
(904) 542-5292

**Healthy Weight,
Nutrition,
Ship Shape,
Tobacco Cessation
& more**

Branch Health Clinics:
Albany (229) 639-9535
Jacksonville (904) 546-7062
Key West (305) 293-3899
Kings Bay (912) 573-4237
Mayport (904) 270-5251

**Breastfeeding,
New OB Orientation,
Prepared Childbirth**
(904) 542-BABY (2229)
Serving families
delivering at our hospital

Ribbons & Roses
breast cancer support group
Hospital
(904) 542-7857

Medical Home Port



For all your urgent, preventive
& routine care needs

E-mail your PCM at
www.RelayHealth.com



Deployment Health Center

Serving military with PTSD or
post-deployment issues
in Florida and Georgia

BHC Jacksonville
(904) 546-7099/7110

or contact your local
branch health clinic



Impaired driving prevention—

About 30 people die each day in alcohol-impaired crashes. Drugged driving (illegal or prescribed) is also becoming a serious issue. Check medications and their reactions to alcohol. Your [Medical Home Port](#) team or Pharmacy can assist. Make safe choices about drinking and driving, to avoid negative outcomes.



Stress management—

Stress comes in many forms, and can affect your health. Learn to recognize stress and its triggers; find positive ways of responding to triggers; take good care of your health; and make time to relax. For more information talk to your doctor or Wellness Center/Health Promotions, or visit [Military One Source](#) or [Veterans Crisis Line](#).



Hand Washing—

Clean hands is one of the best ways to prevent the spread of illness. Wash hands before, during and after preparing food; before eating; after using the toilet; after blowing your nose, coughing or sneezing; before and after caring for someone sick; before and after treating a cut; after touching an animal; and after touching garbage.



Appointment no-shows—

Thank you for partnering with us and showing up on time for appointments. If you need to reschedule or cancel, please call us—ideally 24 hours in advance. This allows another patient (who might have an urgent need) to be seen at that time. Call your appointment line or clinic to reschedule.

GET CONNECTED!

www.med.navy.mil/sites/navalhospitaljax

