



School Age Children (SAC) 2011-2012 Influenza Programs

School Name	Date	Clinic Time
Barbers Point Elementary	21-Oct	0800-1200
Navy Hale Keiki School	3-Nov	0830-1030
Solomon Elementary	3-Nov	0800-1300
Hickam Elementary	15-Nov	0830-1130
Iroquois Elementary	15-Nov	0800-1200
Wheeler Elementary	16-Nov	0815-1115
Mokapu Elementary	17-Nov	0830-1230
Mokulele Elementary	17-Nov	0800-1200
Shafter Elementary	18-Nov	0800-1100
Pearl Harbor Kai	1-Dec	0800-1200
Hale Kula Elementary	2-Dec	0800-1300
Moanalua Middle	25-Oct	0800-1200
Kailua Inter	28-Oct	0845-1245



Beneficiaries Schedule

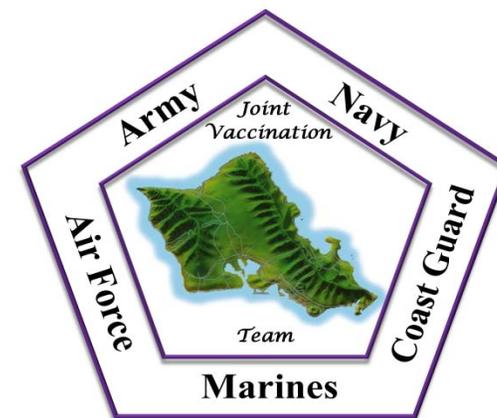
EXCHANGES		
DATES	TIME	LOCATION
15 Oct	9:00AM- 2:00PM	Hickam BX
14 Oct	9:00AM- 2:00PM	Pearl Harbor NEX
15 Oct	9:00AM- 2:00PM	Pearl Harbor NEX
29 Oct	9:00AM- 2:00PM	K Bay MCX
22 Oct	9:00AM- 2:00PM	Schofield PX
28 Oct	9:00AM- 2:00PM	Fort Shafter

Beneficiary Locations
<u>Kaneohe Bay</u> M,T,W & F 0730-1130; 1300-1500 TH: 0730-1130;1300-1400
<u>Makalapa Clinic</u> M-F: 0730-1630
<u>Shipyard Clinic (Bldg 1750)</u> M-F: 0700-1530
<u>TAMC Immunization Clinic</u> T: 1300-1500, W & F: 0900-1130
<u>Schofield Barracks</u> M-TH: 0730-1130, F: 0900-1130 M, W, F: 1300-1500, T & TH: 1300-1400
<u>Hickam MDG</u> M & F 0800-1145 & 1300-1600 TUES & THURS 0730-1145 & 1300-1600 W 0730-1145 & 1300-1400 Closed the 3 rd THURS of every month

2011 – 2012

Joint Vaccination Team

Influenza Vaccination Information



Oahu Joint Services
Phone: 433-1FLU

Who should get the Flu Vaccine?



- All people **6 months of age and older** should get flu vaccine.
- 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.



There are two types of Flu vaccine offered by Tricare:

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

Healthy, non-pregnant persons aged 2 to 49 years can receive either vaccine for the 2011-2012 season. Persons with high-risk conditions or 50 years of age or older should receive the Inactivated influenza (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.



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 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 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.