



School Age Children (SAC) 2015-2016 Influenza Programs

School Name	Date	Time
Moanalua Midd	14-Oct	815-1115
Mokapu El	15-Oct	830-1130
Barbers Point El	16-Oct	800-1100
Solomon El	21-Oct	800-1100
Iroquois Point El	22-Oct	800-1130
Shafter El	23-Oct	800-1000
Helemano El	28-Oct	800-1100
Hickam El	30-Oct	830-1200
Kailua Middle	3-Nov	800-1030
Navy Hale Keiki	10-Nov	1030-1200
Pearl Harbor Kai El	13-Nov	800-1100
Mokulele El	19-Nov	815-1030
Wheeler El	24-Nov	830-1130



Beneficiaries Schedule

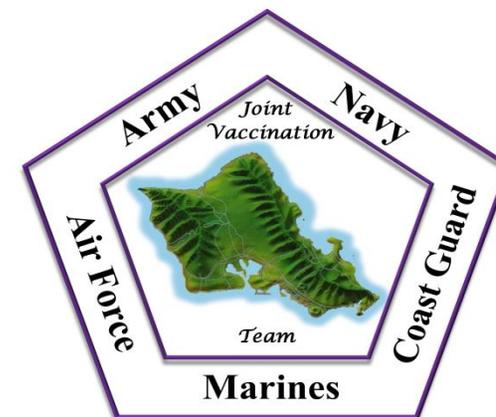
EXCHANGES		
DATES	TIME	LOCATION
Oct 03	9:00AM- 2:00PM	Schofield PX
Oct 9	9:00AM - 2:00PM	Pearl Harbor NEX
Oct 10	9:00AM- 2:00PM	Pearl Harbor NEX
Oct 17	9:00AM- 2:00PM	K' Bay MCX
Oct 22	9:00AM- 2:00PM	Fort Shafter PX
Oct 24	9:00AM- 2:00PM	Hickam BX

Beneficiary Locations
<u>Kaneohe Bay</u> M-F: 0730-1530 Closed 1st THURS of every month 1130-1400
<u>Makalapa Clinic</u> M-F: 0730-1630 Closed 1st THURS of every month 1145-1400
<u>Shipyard Clinic (Bldg 1750)</u> M-TH: 0700-1530 F: 0730-1100
<u>TAMC Immunization Clinic</u> M-F: 0800-1530 Closed 1st FRI of every month 1200-1530
<u>Schofield Barracks</u> M-F: 0730-1130, M & F: 1300-1500, T, W, TH: 1300-1400
<u>Hickam MDG</u> M,T, TH, F: 0730-1600 Wednesday: 0730-1400 Closed the 3rd THURS of every month

2015-2016

Hawaii 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.

Where to get the Flu Vaccine?

- Beneficiaries can go to any clinic location starting October 1st to be vaccinated.
- Beneficiaries may also go to any Tricare retail network pharmacy to be vaccinated at no cost (www.express-scripts.com/tricare/pharmacy).

There are two types of Flu vaccine offered by Tricare:

- **Live, attenuated influenza (LAIV)**
- **Inactivated influenza (IIV)**

Healthy, non-pregnant persons aged 2 to 49 years can receive either vaccine for the 2015-2016 season. Persons with high-risk conditions or 50 years of age or older should receive the IIV.



There are some people who should not get the vaccine.

If you have any severe (life-threatening) allergies. If you ever had a life-threatening allergic reaction after a dose of flu vaccine, or have a severe allergy to any part of the vaccine, you may be advised not to get a dose. Most, but not all, types of flu vaccine contain a small amount of egg.

If you ever had Guillain-Barré Syndrome (a severe paralyzing illness, also called GBS). Some people with a history of GBS should not get the vaccine. This should be discussed with your doctor.

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.

Adapted from CDC material
Please visit www.CDC.gov for more information on Influenza virus and vaccines.



Preventing the Flu:

1. GET VACCINATED! Vaccination is the primary way to prevent the flu.
2. Avoid close contact with people who are sick. When you are sick keep your distance from others.
3. Stay home when you are sick if possible, this will aid in reducing transmission of your illness.
4. Cover your mouth and nose with a tissue when coughing or sneezing.
5. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
6. Germs are often spread when a person touches contaminated things avoid touching eyes, nose, or mouth.
7. Other good habits are to get plenty of sleep, engage in physical activity, drink plenty of water and eat healthy meals to help you stay healthy.
8. If you contract the flu, there are medications that are available to help. Your provider can discuss this with you if necessary.