

Flu shot clinics scheduled for students, families, TRICARE beneficiaries, DoD civilians

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Maj. Gen. Gregg Martin, USAWC commandant, receives his flu shot from a Dunham Clinic Soldier in the Root Hall Gym. Dunham Clinic is hosting multiple flu shot clinics for all eligible beneficiaries.

Oct. 25, 2010 -- Flu season, take note. Dunham Army Health Clinic vaccinated 330 TRICARE beneficiaries Monday -- and two more days are scheduled for TRICARE beneficiaries ages 4 years and older.

This season, everyone 6 months and older should get vaccinated, even if they got a seasonal or 2009 H1N1 vaccine last season, according to the Centers for Disease Control and Prevention. The 2010-2011 flu vaccine has been updated to protect against the three flu viruses that CDC expects will cause the most illness in the United States this season.

Both the seasonal influenza vaccines (spray and injection) are available at the immunization clinics scheduled below.

TRICARE beneficiaries (children 4 years and older)

Oct. 25, 26, 27, 29 at the Thorpe Gym Basketball Court from 1 to 5 p.m.

Children 6 months to 10 years

Dunham Clinic, Nov. 2-18

Tuesday's: 4:30-7 p.m.

Thursday's: 1 – 4 p.m.

Who should get FluMist?

FluMist is a live influenza virus for active immunization of healthy people 2-49 years of age. It provides the same level of protection as the flu shot. It is administered by inhaling the vaccination mist into one's nose. Pregnant women and children under 2 years of age should NOT receive the FluMist.

Who should get the Flu Shot?

The flu shot is approved for use in people older than 6 months of age and all pregnant women, including those who are healthy and those with chronic medical conditions. The Flu shot is an inactivated vaccine that is administered with a needle, usually in the arm.

“It is highly recommended for all pregnant women and anyone with a chronic illness to receive the flu shot!”

If you are 65 years or older and have **NOT** received the Pneumonia immunization (Pneumovax) please come into the clinic to have your records reviewed and receive your vaccination. No appointment is needed, just report to the check-in station at Dunham Clinic.

Contraindications: There are some people who should not be vaccinated without first consulting a physician. This includes but is not limited to: people who have a severe allergy to eggs, people who have had a severe reaction to the flu vaccine in the past; and people who have Guillan-Barre Syndrome (GBS). People who have moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen.

Two ways to prevent the spread of the flu are washing your hands and covering your mouth when you cough or sneeze.

For more information contact Maj. Michael Watson or Staff Sgt. Chris Beckman at (717) 245-3630 or visit the Center for Disease Control and Prevention website at www.cdc.gov

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