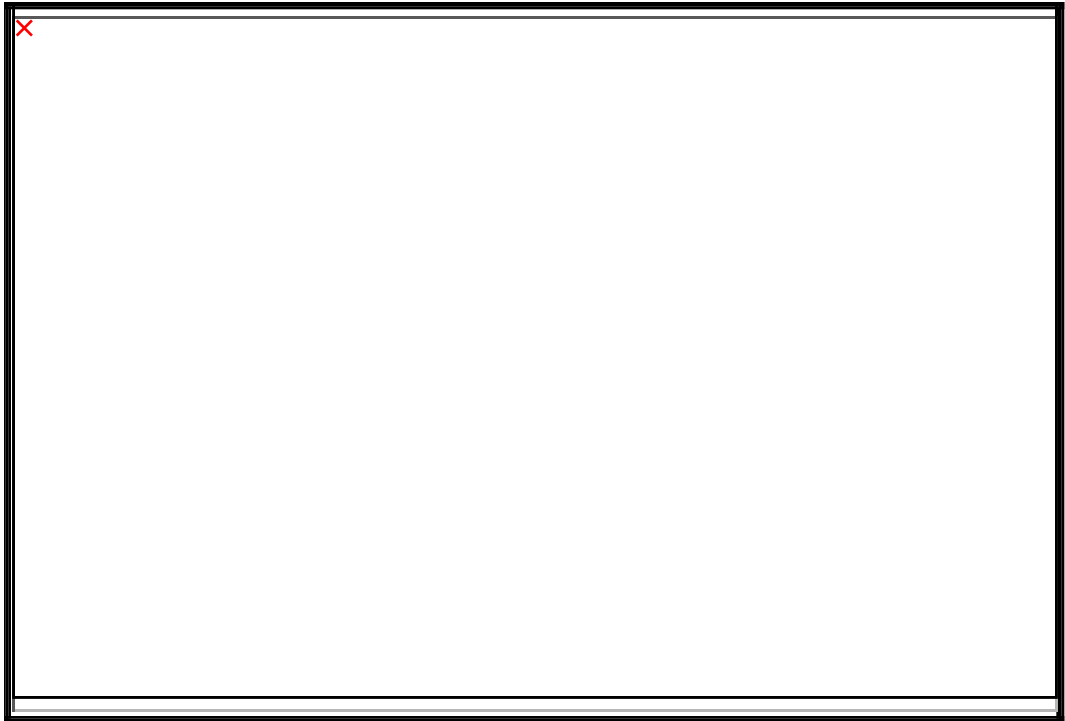


Flu Vaccination Campaign underway

Dunham U.S. Army Health Clinic launches the Fall'13 Flu Vaccination



Campaign Oct 12

Military Retirees and their Family Members will be first for flu vaccines during RETIREE APPRECIATION DAY provided by Dunham Army Health Clinic: Saturday, Oct. 12 in the ROOT Hall Gym: walk-up throughout the day, 7:30 – 3 p.m.

Full schedule --

* USAWC students, staff & Garrison staff

-- Oct 15 – 18: 1 to 4 p.m. in the ROOT Hall Gym

* Retirees and post employees (4 years & up)

-- Oct. 22 – 25: 1 to 4 p.m. in the JIM THORPE Gym 3RDFLOOR

* Family Members, Retirees, and Post Employees (6 months & up) in DUNHAM Clinic:

MON 28 Oct, WED Oct. 30, FRI Nov. 1: 7:30 a.m. to noon and 1-4:30 pm

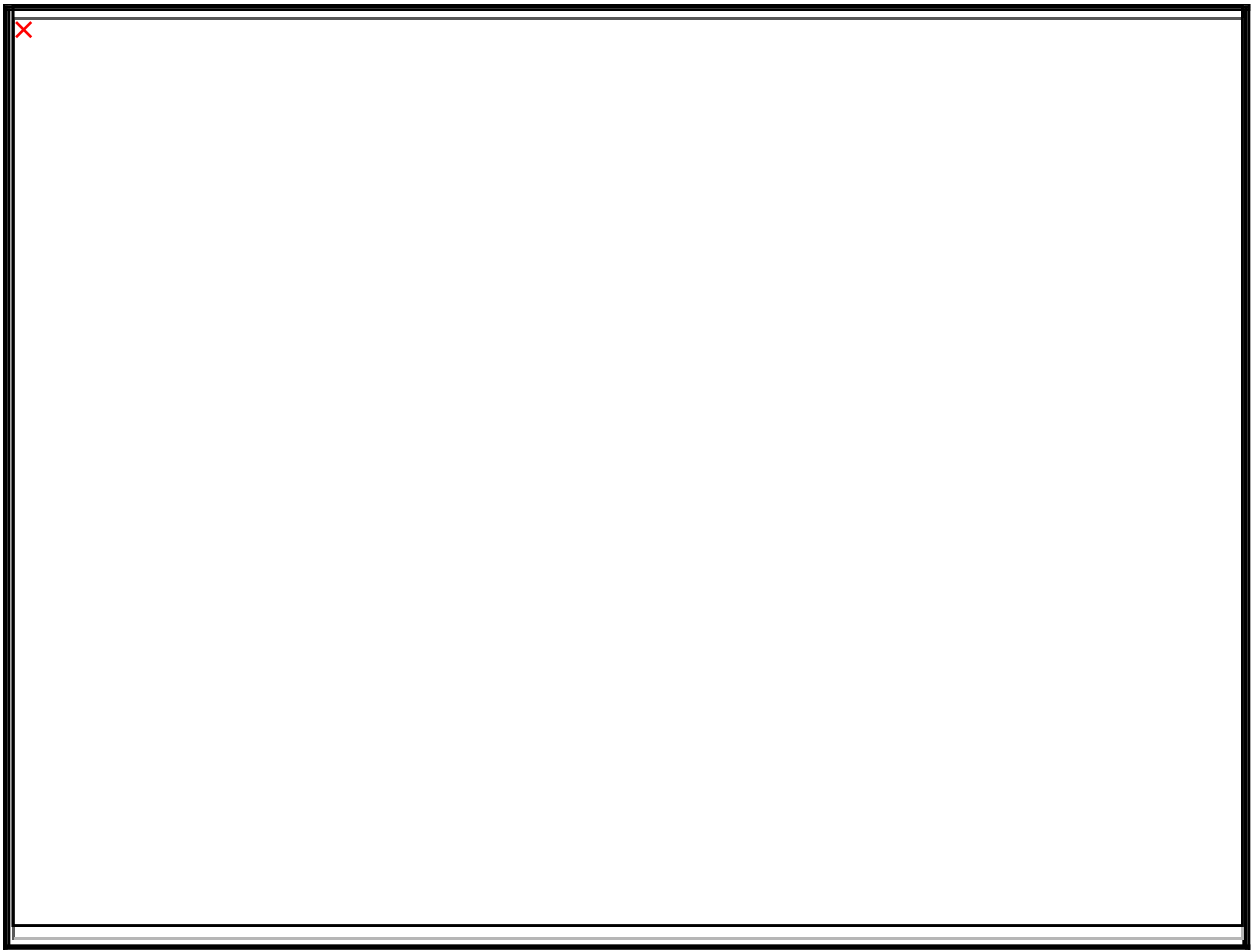
TUES 29 Oct: 4:30 – 7 p.m.

MON Nov. 4, WED Nov. 6, FRI Nov 8: 7:30 a.m. to noon and 1-4:30 pm

TUES Nov 5: 4:30 – 7 p.m.

THURS Nov. 7: 1-4 p.m.

Dunham Commander Col. Rebecca Porter takes the lead in getting an annual flu vaccination, administered here by Maj. Vanessa Worsham, deputy commander for Dunham Nursing



and Allied Services.

Who? should get FluMist, a live influenza virus for active immunization --

- healthy people 2-49 years of age

- pregnant women should NOT receive the FluMist.
- provides the same level of protection as the flu shot
- administered by inhaling the vaccination mist into one's nose.

Who? should get the Flu Shot, an inactivated vaccine --

- healthy people older than 6 months of age
- healthy pregnant women
- those with chronic medical conditions
- administered with a needle, usually in the arm.

Who? Should consult a physician before any form of flu vaccination

- People who have a severe allergy to eggs
- People who have had a severe reaction to the flu vaccine in the past
- People with Guillan-Barre Syndrome
- People who have moderate or severe illness with a fever should wait to get vaccinated until symptoms lessen.

Flu tips -- Wash your hands and cover your mouth when you cough or sneeze.

Contact for more detail about the flu vaccination campaign: Maj. Vanessa Worsham or Staff Sgt Evelyn Pollard, 717-245-3630.

For more information about the flu and flu vaccines, visit the Center for Disease Control and Prevention website: www.cdc.gov