

# Flu Vaccinations still available at Dunham, DDC

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Feb. 4, 2009 -- The Flu Vaccination is still available at Dunham Health Clinic on Carlisle Barracks or at the Defense Distribution Center Health Clinic (DDC) in New Cumberland.

DOD Civilian/Military Employees, TRICARE and TRICARE for Life beneficiaries are all eligible to receive the vaccination at one of our facilities. Anyone who has not received their flu shot should go to either location. No appointment is necessary and patients interested should report to the check in desk to get a number.

Immunizations at Dunham Clinic are available from 7:30 a.m. to 4:30 p.m. Monday through Friday. DDC is open 7:30 a.m. to 4 p.m. Monday through Friday with extended hours on Tuesday until 7:30 p.m. Be sure to check the clinic website at <http://www.carlisle.army.mil/dahc/dunhamhome.htm> for clinic closure information before leaving home.

The FluMist is no longer available only the flu shot. The flu shot is approved for use in people older than 6 months, 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.

Contraindications: There are some people who should not be vaccinated without first consulting a physician. These include but are not limited

to: people who have a severe allergy to chicken eggs; people who have had a severe reaction to an influenza vaccination in the past; and people who developed Guillain-Barre' syndrome (GBS) within 6 weeks of getting an influenza vaccine previously. People who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen.

For more information contact the Immunization Clinic at 245-3608 or visit the center for Disease Control and Prevention website at [www.cdc.gov](http://www.cdc.gov)

