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It's that time of year again, time to get your annual flu vaccination.

To help make it easier for employees, retirees and family members to get their flu vaccinations this year, Dunham Clinic has set up a number of opportunities. For the 2017-2018 flu season, the Army will offer injectable flu shots to Soldiers, federal civilians, and beneficiaries. In accordance with effectiveness recommendations by the Centers for Disease Control and Prevention, the Army will not be offering live attenuated influenza vaccine, known as 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.

### Who can get the Flu Shot?

All military service members must receive annual influenza vaccinations IAW AR 40-562/BUMEDINST 6230.15B/AFI 48-110\_IP/CG COMDTINST M6230.4G. All exemptions must be reviewed and confirmed by a medical provider. All DA Civilians, contractors, and eligible family members may receive the vaccine if desired.

Don't let the flu bug catch you! Get your immunization early.

### Mandatory flu shots for military personnel, faculty and staff

On Oct. 13, Dunham will be conducting mandatory flu shots in Root Hall Gym, 7 a.m. – 2:30 p.m. The target audience will be as follows:

7-8:30 a.m. USAWC students/faculty

8:30-9:30 a.m. SSI/CSL/USAG

9:30-10:30 a.m. AHEC/USAG

10:30-11:30 a.m. PKSOI/USAG

11:30 a.m. - 12:30 p.m. Staff/CSL/USAG

12:30-2:30 p.m. USAWC students/faculty/USAG

**Oct. 16-20, 23-27 at Dunham Clinic**

**Family member, retirees and all other beneficiaries 6 months and older**

Mon/Wed/Fri: 1-5 p.m.

Tuesday: 4:30 -7 p.m.

Thursday: 7:30 a.m. - noon

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