

Reynolds Army Community Hospital Influenza Vaccination Information

It's Influenza (flu) season again and Ft. Sill is very prepared! You should be too! The Center for Disease Control (CDC) highly recommends a yearly flu vaccine as the first, MOST important step in preventing the flu. For most people, flu symptoms last only a few days and typically are not life threatening. Children, pregnant women, people with chronic health conditions, and those over the age of 65; however, are at high risk of getting very sick due to flu symptoms.

This year's vaccine protects against three different types of flu viruses to include the 2009 H1N1 virus, the virus that caused so much illness in the past. Please take these 2 simple steps to prevent the spread of influenza and ensure a Healthy Holiday Season.

Step #1: Take the time to get a flu shot - TRICARE beneficiaries may obtain influenza vaccine at an authorized TRICARE retail network pharmacy at no cost to the beneficiary. On Ft. Sill, RACH will hold mass inoculation clinics (for beneficiaries age 3 and older) at Family Medical Home #1 Clinic, 1st floor of RACH on Friday, 7 October 2011 (0800-1530) and every Saturday starting 15 October 2011 (0800-1530) - 5 Nov 2011 (0800-1530). All children under 3 and pregnant women should utilize the Immunization Clinic at RACH (located across from the main pharmacy) M-F 0730-1600. TRICARE beneficiaries still needing the influenza vaccination after the last Saturday clinic can get vaccinated through the RACH Immunization Clinic. Remember to bring your Shot Records and Military I.D. card!

Step #2: Take everyday preventive actions to stop the spread of germs- Cover your nose and mouth with a tissue when you cough/sneeze and throw the tissue in the trash after you use it. Wash your hands with soap and water often. Only use the alcohol-based hand rub when soap and water is not available. Avoid touching your eyes, nose and mouth. Avoid close contact with sick people. Most importantly, if you get sick with flu-like illness stay home for at least 24 hrs after the fever is gone (except to get medical care of course).

By getting vaccinated you can protect yourself and others from influenza. Please call the Ft. Sill Flu Vaccine hotline at 580-558-3333 for more information on the Influenza Vaccine, who should not get the vaccine, the latest information on flu clinics, and any updates throughout the season. Information can also be found at www.cdc.gov/flu.