

## **KACH Flu Vaccine campaign begins November 1st**

Keller Army Community Hospital encourages our beneficiaries to get the influenza vaccine. While the flu vaccine will not protect you against COVID-19, it will help reduce the overall impact of possible respiratory illnesses for you and others during the COVID-19 pandemic.

Additionally, the flu vaccine has been shown to reduce the risk of illness, hospitalization, and death from an influenza infection.

The West Point Influenza Vaccination Community Events are scheduled for November 1st (Monday), 2nd (Tuesday), and 9th (Tuesday), 2021, at Ike Hall (Building 655) from 0800-1700.

It is critical and essential that everyone – active duty service members, active duty families, and other beneficiaries – are well-protected from influenza.

### **Active Duty Service Members (ADSMs):**

- Active Duty and Guard/Reserve members are “required” to get the flu vaccine.
- ADSMs and Guard/Reserve members – outside of West Point – are highly recommended to come to one of the November events at Ike Hall.
- If an ADSM cannot make one of the November events, they can make an appointment to receive the flu vaccine by calling the Keller Appointment Line at (845) 938-7992 or (800) 552-2907.

ADSMs, Guard/Reserve members who obtain the flu vaccine must follow the respective service policy guidance for recording the vaccine in your shot record. You’ll need the following information:

- Date the vaccine was given
- Vaccine name or code
- Manufacturer
- Lot number

### **Active Duty Family Members/Beneficiaries:**

- If you are unable to get the flu vaccine at one of the November events, you can visit any participating network pharmacy or a TRICARE-authorized provider. Visit <https://www.tricare.mil/flu> for more information.
- If you obtain the flu vaccine from anywhere besides Keller, we suggest you call ahead to assure they accept TRICARE (or your form of insurance). Additionally, please provide the following information to your PCM, so the vaccination can be updated in your records: date given, vaccine name or code, manufacturer, and lot number.

**West Point Public Health THANKS YOU for working to prevent the spread of influenza.**

TAKE 3 ACTIONS TO

# FIGHT FLU

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

## GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

## STOP THE SPREAD

Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).



## ASK YOUR DOCTOR ABOUT FLU ANTIVIRALS

Take antiviral drugs if your doctor prescribes them!

Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.



[WWW.CDC.GOV/FLU](http://WWW.CDC.GOV/FLU)

#FIGHT FLU

