

Mass Vaccination Events*

15th Medical Group (Hickam)

(6 years and older)

Oct. 10-13, 16-18

0730-1615

15th MDG Lanai, JBPHH

Club Pearl (Pearl Harbor)

Oct. 10-12

0800-1500

Club Pearl, JBPHH

BHC Kaneohe Bay

Oct. 10-12

0800-1700

Classroom 7, BHC Kaneohe Bay

Desmond T. Doss Health Clinic

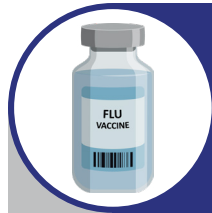
Oct. 25, 1500-1800

Oct. 26, 1300-1800

Oct. 28, 0800-1500

DDHC, Bldg. G, 1st Floor
Schofield Barracks

**Tricare beneficiaries only.*



Immunization Clinic Hours*

BHC Kaneohe Bay

M-F, 0745-1530

Closed second Thursday each month from 1100

BHC Makalapa

M-F, 0745-1500

Closed second Thursday each month from 1100

15th Medical Group (Hickam)

M-F, 0800-1130, 1230-1500

Desmond T. Doss Health Clinic

M-F, 0800-1100, 1300-1500

Closed every Thursday afternoon

Warrior Ohana Medical Home

M-W, F: 0815-1130, 1300-1500

Th: 0815-1130, 1300-1530

Tripler Army Medical Center

Family Medicine Clinic

M-F: 0800-1130

Tripler Army Medical Center

Pediatric/Adolescent Clinic

M-W, F: 0800-1130, 1300-1530

Th: 1000-1130, 1300-1530

** Assigned patients only.*

Verify clinic assignment at 844-866-9378

(Tricare West)



2023-2024

Flu Prevention Guide

*Military Clinics
Oahu, Hawaii*



Revised Oct. 4, 2023



Flu Vaccine Information

Who should get the flu vaccine?

- People 6 months and older should get flu vaccine.
- Vaccination is especially important for people at higher risk of severe influenza and their close contacts, including healthcare personnel and close contacts of children younger than 6 months.
- The influenza vaccine may be administered at any time during pregnancy. People who are or will become pregnant during influenza season should receive an influenza vaccine.

During the 2023-2024 Flu Season, MTFs will offer:

- Inactivated Influenza Vaccines (Flu shots)
- High Dose Inactivated influenza vaccines (65 and older)

Individuals may receive the influenza vaccine at the same time as a COVID-19 vaccine. Check with your clinic for COVID-19 vaccine availability.

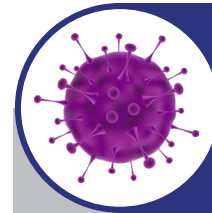


Flu Vaccine Information

Who should *not* get the flu vaccine?

- If you ever had a life-threatening allergic reaction after a dose of flu vaccine or have a severe allergy to any part of the vaccine, you may be advised not to get a dose.
- If you ever had Guillain-Barré Syndrome (a severe paralyzing illness, also called GBS). Some people with a history of GBS should not get the vaccine. This should be discussed with your doctor.
- People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting influenza vaccine.

Guidance adapted from CDC material. Please visit www.CDC.gov for more information about influenza virus and vaccines.



Preventing the Flu

1. **GET VACCINATED!** Vaccination is the primary way to prevent the flu.
2. **Avoid close contact with people who are sick.** When you are sick keep your distance from others.
3. **Stay home when you are sick.** This will aid in reducing transmission of your illness.
4. **Cover your mouth and nose** with a tissue when coughing or sneezing.
5. **Wash your hands often with soap and water.** If soap and water are not available, use an alcohol-based hand rub.
6. Germs are often spread when a person touches contaminated things. **Avoid touching eyes, nose, or mouth.**
7. **Adopt healthy habits.** Get plenty of sleep, engage in physical activity, drink plenty of water, and eat healthy meals.
8. If you contract the flu, **there are medications available.** Please talk to your provider for more information.