

# Flu season: What you need to know

Capt Tomas Widemond  
TSgt Clarissa Merced  
SrA Blazer Walker  
35<sup>th</sup> Aerospace Medicine Squadron

Misawa Air Base, Japan — For anyone who has ever had the flu, you know it can knock you out—with family members, friends, and co-workers not far behind.

Today, it's more important than ever to get the facts straight about the flu—and be aware that there are vaccines available to prevent the flu.

Seasonal influenza epidemics occur annually around the world. They are unpredictable, they can be severe, and they can have an impact on your health. It is estimated that influenza related events result in 95 million infections, 30 million patient visits to medical facilities, and over 200 thousand hospitalizations every year. Regardless of the severity, flu outbreaks have a direct impact on mission readiness... Immunizations are the key to seasonal influenza outbreak prevention.

The Advisory Committee on Immunizations Practices (ACIP) has issued a universal recommendation for influenza vaccination of all adults and children older than 6 months of age. High risk groups should be targeted for immunization, but immunizing healthy persons is also recommended.

For additional information and recommendations on influenza, please visit the CDC website at <http://www.cdc.gov/flu/> or call your local Public Health office at 226-6787 or 226-6478.

## **Important Notice**

In accordance with ACIP recommendations, Army Regulation 40–562, BUMEDINST 6230.15, AFJI 48–110, and CG COMDTINST M6230.4F; the 35th Medical Group Commander has deemed influenza vaccinations as a mandatory requirement for all Misawa AB personnel and their family members.

To receive your annual vaccination for the 2012-2013 season, please report to the Immunizations Clinic at the 35th Medical Group between the hours of 0730-1600 Monday, Wednesday & Friday; Tuesday 0830-1600 and Thursday 0730-1530, with lunch closures each day from 1200-1300.

In addition, the 35th Medical Group will provide mandatory Flu Mist vaccinations to the local DODEA schools on Misawa AB. Vaccinations will be conducted at Sollars Elementary school on the November 14, 2012 and Cummings elementary school on November 15, 2012. These

vaccinations will be open to all active duty personnel, faculty members and family members (Ages 2 thru 49). If you are age 50 or older, you cannot receive the Flu Mist vaccine. You will be to go to the Immunizations Clinic for the Flu Shot. Anyone who has not received their vaccinations, but meet Flu mist vaccine requirements are strongly encouraged to attend. Vaccinations will begin promptly at 1500 and will last until 1830 for both dates. Vaccinations will also be given at Edgren Middle and High school on November 19<sup>th</sup> and 20<sup>th</sup> (**closed events: Edgren students and faculty only**).

**Important notes:** Please completely fill out your consent forms (these forms must be completely legible). If you answer “Yes” to any questions on the consent form or if you have any concerns, you will be required to go to the Immunizations clinic at the 35th Medical Group for your vaccination. If your child has already received the flu vaccine for this current season, please provide the appropriate documentation to your child’s school nurse (see below). All influenza vaccination consent forms will also be located @ <http://www.misawa.af.mil> (35th Medical Group - look under announcements). After receiving the vaccination, all patients will be required to stay an additional 15 minutes for observation; please be prepared for this waiting period. **Parking:** for Sollars elementary school, parking will be available at the BX/Commissary, Chapel and the 35th Medical Group. For Cummings elementary school (**North side of Misawa Air Base**), parking will be available at the Shoppette, Freedom Fitness Center and the Towers. For any addition questions or concerns, please contact Capt Widemond, 35th Public Health Flight.

<b>Sollars Elementary School</b>	<b>Cummings elementary school</b>	<b>Edgren Middle &amp; High school</b>
<b>Dates: November 14</b>	<b>Dates: November 15</b>	<b>Dates: November 19<sup>th</sup> &amp; 20<sup>th</sup></b>
<b>Location: Multipurpose room</b>	<b>Location: Cummings Gym</b>	<b>Location: Information Center</b>
<b>Time: 1500-1830</b>	<b>Time: 1500-1830</b>	<b>Time: All Day</b>
<b>Consent forms must be signed and brought to the vaccination event.</b>	<b>Consent forms must be signed and brought to the vaccination event.</b>	<b>Consent forms must be signed. Students are to keep consents and turn them in when they report to the Information Center for their vaccination.</b>
<b>Open to All</b>	<b>Open to All</b>	<b>Closed (students &amp; faculty only)</b>
<b>School Nurse Mrs. Julie Maxey RN</b>	<b>School Nurse Mrs. Kathleen Kossler RN</b>	<b>School Nurse Mrs. Karen Baker RN</b>