

GGUSD FLU SHOT CLINIC

ADMINISTERED BY HEALTHFAX

October 11, 2016

REMINDER

We once again have an opportunity to offer a Flu Shot Clinic administered by HealthFax Incorporated. In an effort to encourage all full-time and part-time employees and their dependents to remain as healthy as possible during this upcoming flu season, this convenient on-site Flu Shot Clinic will be offered. **Please note all participants must be age 18 or older. Women who are pregnant or think they may be pregnant will not be treated.**

**Garden Grove Unified School District
Annex Conference Room
10331 Stanford Ave
Garden Grove, CA 92840**

**Tuesday, October 11, 2016
3:00pm - 5:00pm**

**Cost: \$25.00 Cash or Check
(payable to HealthFax, Inc.)**

GGUSD Self-Insured PPO/EPO Health Plan members may submit an insurance claim form (available at the clinic) along with their vaccination receipt to the Insurance Department representative present at the clinic to receive reimbursement.

Myths vs. Facts

- ◆ The flu shot can give me the flu —MYTH
- ◆ Flu viruses used in flu shots are inactivated, so they cannot cause infection —FACT
- ◆ Vaccines are not proven to prevent the flu—MYTH
- ◆ If you get the flu vaccine , you are about 60% less likely to need treatment for the flu—FACT
- ◆ I should wait to get vaccinated so that I'm covered through the end of the season—MYTH
- ◆ People should get a flu shot as soon as they are available because it takes about two weeks for antibodies to develop—FACT

Good Health Habits

In addition to getting your flu shot, it is always helpful to maintain good health habits to prevent future illness. These include, but are not limited to:

- Wash your hands frequently.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect surfaces and objects in your home and workplace.





2016 / 2017 Flu Season “What You Need to Know”

Do not have a flu shot if:

- ◆ **You have a fever**
- ◆ **You are ill**
- ◆ **You have had a serious reaction to a flu shot in the past**
- ◆ **You are allergic to eggs or egg product**
- ◆ **You have a history of Guillain-Barre Syndrome**

See your Health Care Provider for your Flu Immunization if:

- ◆ **You are pregnant or think you may be pregnant**
- ◆ **You are a nursing mother**
- ◆ **You are under 18 years of age**

Cost:

\$25.00 Cash/Check

(Payable to HealthFax, Inc)

This year's flu strains are:

**an A/California/7/2009 (H1N1)pdm09-like virus
an A/Hong Kong/4801/2014 (H3N2)-like virus
a B/Brisbane/60/2018-like virus. (This is a B/Victoria lineage virus)**

****For more information on the flu and this year's flu season log on to:
[www. cdc.gov/flu](http://www.cdc.gov/flu)**

Note:

- 1. Please wear a “short” sleeve shirt or blouse on the day of the shots.***
- 2. The flu vaccine is made from a virus that is no longer active. Therefore, you cannot get the flu from a flu shot.***