

FREE flu vaccinations available to HMAA members!

HMAA's Flu Prevention Program

A partnership with:



**Hawaii
Business Health
Council**

- * Must be 18 years of age or older.
- * Simply present your HMAA ID card and photo ID.
- * Shots administered by nurses or pharmacists while supplies last.
- * Convenient in-store clinics scheduled at participating Longs Drugs, Safeway, Times Supermarket, Pharmicare, MINA Pharmacy, KTA and Maui Clinic Pharmacy locations.
- * Employer On-Site Clinics also available with **no minimum** participation requirement.



Click, call or come by! Schedule your appointment by logging onto www.longs.com or calling your local Longs Drugs store. You can also walk in to any of their scheduled in-store clinics. Please visit www.longs.com for the most up-to-date schedule.



Flu vaccinations with Safeway are as easy as picking up your prescription; simply walk in or make an appointment at any of the Safeway locations with pharmacies. You may also attend any of their scheduled in-store clinics. Please call your local Safeway for the most up-to-date schedule.



**Hawaii
Business Health
Council**

The Hawaii Business Health Council (HBHC) has several local in-store clinic locations including Times, Pharmicare, KTA, Maui Clinic Pharmacy and MINA Pharmacy. Walk-ins are also welcome. Please contact HBHC at (808) 372-9576 for the most up-to-date schedule.

Employer Worksite Clinics

To schedule a worksite flu clinic, please contact your Account Manager or e-mail us at fluprevention@hmaa.com so that we can make the arrangements.

Clinic dates and times are subject to change. For any questions regarding the Flu Prevention Program, please call your Account Manager or HMAA's Customer Service Center at (808) 941-4622 or toll-free at (888) 941-4622.

(continued on reverse)

What you need to know about the Flu



The flu is also known as the “**Influenza virus.**” It is a highly contagious respiratory infection. The virus enters the body through mucous membranes in the eye, nose, and mouth. The virus can become airborne when a person coughs or sneezes, making it easy to infect those around you. The virus can also be spread by touching common objects that allow the virus to survive on its surface and touching your mouth or face. The typical flu season starts when colder weather appears and the flu is generally prevalent from the end of fall through early spring.

Get the Statistics

- About 5-20% of people get the flu during the season
- Over 200,000 people are hospitalized
- Over 36,000 people have serious complications that lead to death

Common Signs & Symptoms include:

- Fever
- Headache
- Body ache
- Chills
- Fatigue
- Cough
- Runny or stuffy nose

More severe complications due to the flu include:

- Sinusitis (inflammation of the sinuses)
- Bronchitis (respiratory disease caused by inflammation of mucous membranes in the lungs)
- Pneumonia (respiratory condition caused by infection in the lungs)

Are you at risk?

School children are usually the first to get the flu because they carry it home and to other activities where they interact with other children. Older adults, young children and those with certain health conditions are also at risk for serious complications from the virus.

Flu Prevention

The best way to avoid catching the flu this season is to **wash your hands** frequently throughout the day. **Cover your coughs and sneezes!** By covering your mouth when you sneeze or cough you reduce the amount of germs entering the air around you and spreading it to people around you. **Get your flu shot!** The flu shot is a dose of an inactivated vaccine (killed virus) that protects you from the three most common influenza viruses that are predicted to be prominent during the season.