

Flu Prevention Program

Free flu vaccinations available

September 2025 – February 2026



HMAA offers free flu vaccinations from September through February, while supplies last. Employers may host a worksite clinic, or members may visit our participating pharmacy locations. Vaccines are administered by pharmacists who adhere to strict safety precautions. Participants must be aged 14 or older, and proof of eligibility is required as follows.

- Age 14 to 17: Valid prescription from a physician and HMAA ID card
- Age 18 or older: Photo ID and HMAA ID card

Employer Worksite Clinics

Keep the flu out of your workplace by hosting a clinic! It's a convenient way for your employees to get vaccinated at your business location. Employers may contact their Account Manager or email us at fluprevention@hmaa.com, and provide us with the expected number of participants and at least two date/time options. Scheduling is based on availability.

Worksite clinics are not limited to HMAA members; clinicians can bill most other insurance carriers. To host a worksite clinic at no cost, a minimum of 15 participants is required on O'ahu and Maui, or employers may pay \$80 for clinics below the minimum count. A minimum of 25 participants is required on Kaua'i and Hawai'i Island. Individuals who don't have flu vaccination coverage will be charged a fee at the clinic. Other restrictions may apply.



In-Store Pharmacy Locations

Alternatively, members may visit a wide selection of pharmacies. HMAA members may contact their nearest participating location to schedule an appointment or to confirm if walk-ins are welcome.

Pharmacy	Contact Information	O'ahu	Maui	Hawai'i Island	Kaua'i
Don Quijote	donquijotehawaii.com call (808) 973-6661	✓			
KTA Super Stores	ktasuperstores.com call a location			✓	
Longs Drugs	cvs.com call a location or (800) 746-7287	✓	✓	✓	✓
Pharmacare Hawaii	pharmacarehawaii.com call a location or (808) 836-0223	✓	✓	✓	✓
Safeway	safeway.com call a location or (877) 723-3929	✓	✓	✓	✓
Times Supermarket	timessupermarkets.com call (808) 832-8262	✓			
Walgreens	walgreens.com call (808) 593-0403	✓	✓	✓	

What You Should Know About the Flu (Influenza)

Prevention is better than a cure for any disease, and the flu is no exception. The Centers for Disease Control and Prevention (CDC) estimates that flu vaccinations have prevented more than 7.5 million flu-related illnesses, 3.7 million medical visits, 105,000 hospitalizations, and 6,300 deaths per year.

When is flu season?

The timing is unpredictable and varies. Some flu viruses circulate during the summer, and influenza activity often begins increasing in October. The CDC recommends getting vaccinated soon after the vaccine becomes available, usually in early fall.

How does the flu spread?

The flu virus enters the body through mucous membranes in the eyes, nose, or mouth. It can become airborne when a person coughs or sneezes, making it easy to infect those nearby. The virus can also be spread by touching common objects that allow the virus to survive on its surface, and then touching your mouth or face.

How long does the flu illness last?

Most people who get the flu usually feel much better within one or two weeks, but some develop complications that can be life-threatening.



What are common signs and symptoms?

- Fever
- Headache
- Body ache
- Runny or Stuffy Nose
- Fatigue
- Chills
- Cough

The flu may also cause severe complications including sinusitis, bronchitis, and pneumonia.

How can I protect myself?

- Getting the flu vaccine each year is still the best protection against the flu. Flu vaccines cause antibodies to develop in the body within about two weeks to provide protection from the viruses in the vaccine.
- Individuals who appear to have a flu-like illness should be advised to stay home and avoid face-to-face contact with others, unless seeking medical treatment.
- Practice good hygiene by covering coughs and sneezes, washing hands frequently, and cleaning surfaces that are likely to have frequent hand contact.
- Avoid touching your eyes, nose, and mouth to stop the spread of germs.

For more information and helpful tips, visit [cdc.gov/flu](https://www.cdc.gov/flu).

