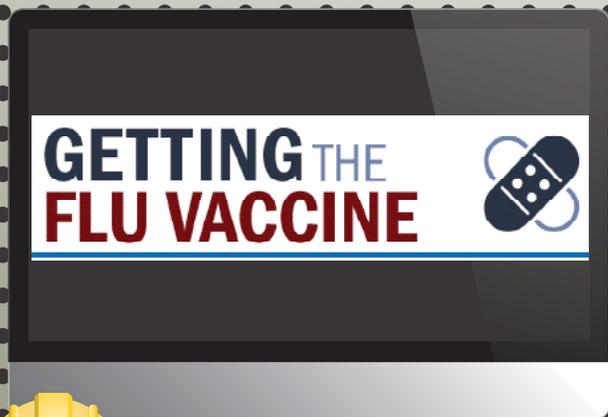
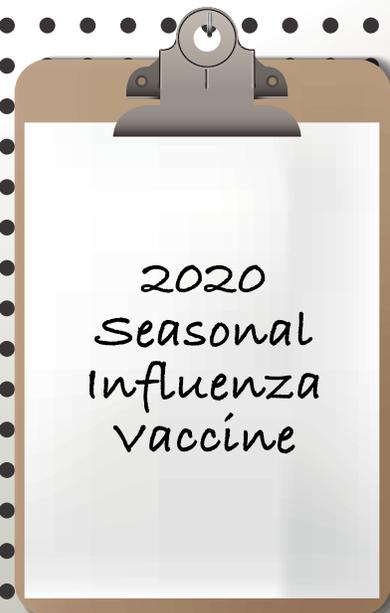


Military Health System Communications Toolkit

Getting the Flu Vaccine

Topics and Resources For Communicators



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Background

Vaccines are among the most important accomplishments in medicine. They have saved more lives around the world than any other medical invention, including antibiotics or surgery. Only clean water has saved more lives than vaccines. Disease threats are everywhere, throughout life – from birth, to daycare and school entry, to military recruit training, to adult life, to deployment, and into retirement. Diseases can spread person-to-person, through consuming contaminated food or water, from the bite of an infected mosquito, and other ways. Vaccines provide a safe and effective means of countering the threats to personal health and military readiness.

Flu Overview

Influenza or “flu” is a highly contagious respiratory illness that can potentially result in hospitalization or death. A yearly flu vaccination is the best way to reduce influenza illnesses, doctors’ visits, missed attendance at work or school, and prevent flu-related hospitalizations. The seasonal influenza vaccine is designed to protect against the influenza viruses determined by the World Health Organization (WHO) to be the most likely to spread and cause illness among people during the influenza season. The Food and Drug Administration makes the final decision about vaccine viruses included in influenza vaccines in the United States.

Communication Goals

This toolkit provides communicators across the Military Health System (MHS) with important information about the flu vaccine from the Centers for Disease Control and Prevention (CDC) and TRICARE to share with patients and health care professionals.

Educate beneficiaries, civilians, contractors, volunteers, and MHS and Department of Defense (DOD) health care providers and staff on the importance of vaccines.

Equip MHS and DOD health care providers and staff with information and resources needed to direct the successful distribution of the flu vaccine.

GETTING THE FLU VACCINE



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Key Messages for Communicators

Who should get vaccinated against influenza?

- The seasonal influenza vaccine is recommended every year for everyone 6 months of age and older with rare exception.
- People at high risk for influenza complications include infants, young children, pregnant women, adults 65 and older, nursing home or long-term care facility residents, and those with underlying health conditions.

Vaccine availability in the DOD

- There is no national shortage of influenza vaccine this year in the United States, but military hospitals and clinics will receive their vaccine orders later in the season due to prioritized disbursements. Flu vaccine for beneficiaries will arrive on a rolling basis at military hospitals and clinics beginning in September and extending into December. The bulk of the earliest arriving vaccine will be given to overseas locations, deployed members, and other beneficiaries who otherwise have no access to the flu vaccine.
- Contact your local military hospital or clinic for information on safety precautions they are taking to protect visitors against COVID-19, and be sure to check flu vaccine availability before you plan a visit.
- Vaccination can still be beneficial as long as flu viruses are circulating. If you have not been vaccinated by the end of November, the vaccine can still offer protection if received in December or later. Flu is unpredictable, and the season in the US is typically October through May. Seasonal flu disease usually peaks between December and March, but disease can occur as late as May.

Vaccine availability at TRICARE Network Pharmacies

- The [TRICARE flu website](#) has information on no-cost and copayment options should you decide to go to the retail pharmacy network for your flu vaccination.
- If you or your child receives a vaccine outside of a military hospital or clinic or your doctor's office, remember to get a record of it and share the information with your primary care provider. This will ensure the completeness of your family's vaccination records.

Preventing the flu

- The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like avoiding contact with people who are sick, washing your hands, and covering your mouth when you cough or sneeze can help prevent the spread of flu.

How the flu spreads

- People with flu can spread it to others mainly through droplets made when people with flu cough, sneeze, or talk. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly their eyes.
- It is possible to spread the flu to others before you know you are sick, as well as while you are sick. Some people can be infected with the flu virus but have no symptoms. During this time, those people may still spread the virus to others.

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Getting a Flu Vaccine during the COVID-19 Pandemic

While it's not possible to say with certainty what will happen in the fall and winter, CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be active.

Symptoms

- The #flu and #COVID19 are both contagious, respiratory illnesses, but there are differences. They are caused by different viruses and while many symptoms are shared, change or loss of taste or smell is only a symptom of the #coronavirus. <https://go.usa.gov/xGj4u>
- #COVID19 and the #flu have many similar symptoms so telling them apart may be difficult. If you have symptoms like fever or difficulty breathing, contact the MHS Nurse Advice Line to begin the screening process: www.MHSNurseAdviceLine.com

Flu Vaccine

- While the #flu vaccine won't protect you from #COVID19, it will protect you from the flu which can help reduce the risk of flu illness, hospitalization, or even death. #GetVaccinated <https://go.usa.gov/xGjgC>
- Reducing the overall burden of respiratory illness during the #flu season is especially important to protect our most vulnerable populations who are at risk for serious illness from the flu or #COVID19. #GetVaccinated <https://go.usa.gov/xGjgC>
- According to the @CDC/@CDCgov, the #flu vaccine should not be given to people with suspected or confirmed cases of #COVID19. Wait until after the isolation period is over or until you've fully recovered before receiving the flu vaccine. <https://go.usa.gov/xGjgC>
- There is no evidence that the #flu vaccine can increase your risk for #COVID19. Getting a flu vaccine this fall is important, not only to reduce your risk from flu, but also to help conserve potentially scarce health care resources. #GetVaccinated <https://go.usa.gov/xGjgC>
- If you have a higher risk for #COVID19 infection, you may also be at a higher risk for #flu complications. It's especially important for you to get a flu vaccine this year. Visit www.tricare.mil/flu for details about your coverage and how to get it.
- The #flu vaccine is recommended for everyone 6 months of age and older. This year, we're taking every opportunity to ensure essential workers, people at an increased risk for #COVID19 illness and those who have an increased risk for flu complications #getvaccinated. <https://go.usa.gov/xGWMM>

Facemasks

- The face masks you're wearing to prevent #COVID19 may also help prevent the spread of the #flu. According to the @CDC/@CDCgov, anyone suspected of having the #flu in a healthcare setting should wear a mask at all times, until they can be isolated. <https://go.usa.gov/xGWth>
- Use of face coverings is not typically recommended for people with the #flu who are asymptomatic. But those who have #flu symptoms like coughing or fever should stay home or use a mask if you must be in close contact with other people. <https://go.usa.gov/xGWth>

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Social Media Messages

These suggested messages are provided for you to use on your platforms with any of the images below or others of your choosing.

You are welcome to tailor these for your organization or facility as needed.

Vaccine effectiveness

Flu viruses are constantly changing, and a person's immune protection from flu vaccination declines over time, so an annual vaccination is needed to get the best protection against the flu. <https://go.usa.gov/xGCJQ>

It's not too late to get a flu vaccine. CDC recommends flu vaccination as long as influenza viruses are circulating. <https://go.usa.gov/xVngC>

Recent studies by the [FB: @CDC/ TW: @CDCgov] show that the #flu vaccine reduces the risk of flu by between 40% and 60%. Make sure you #getvaccinated before this year's flu season is in full swing. <https://go.usa.gov/xVHvZ>
#vaccineswork

Stopping the spread of flu

Flu germs spread when sick people sneeze or cough. Help stop the spread of flu at home, work and school with these 6 health habits: <https://go.usa.gov/xVngj>

#DYK? The flu virus can be spread through the air when someone infected coughs or sneezes. Watch for these flu symptoms: abrupt onset of fever, muscle pain, sore throat, non-productive cough, runny nose, and headache. #FightFlu

The first step in preventing the #flu this year is to make sure you and your family #getvaccinated. Other steps include washing your hands, avoiding close contact, and staying home when you're sick. <https://go.usa.gov/xVHsG>

If you end up getting the #flu this year, take everyday precautions to stop the spread of your illness and follow your doctor's instructions for recovery. <https://go.usa.gov/xVHsu>

High-risk populations

Human immune defenses become weaker with age, placing some aged 65+ years at greater risk of flu related complications. Learn more: <https://go.usa.gov/xVn4Y>

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Flu is serious and can be especially dangerous for people at high risk of flu-related complications. See if you are at high risk, and take steps to protect yourself and loved ones. <https://go.usa.gov/xVn4K>

People at high risk of serious flu complications include young children, pregnant women, people with certain chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

<https://go.usa.gov/xGCJT>

The [FB: @CDC/ TW: @CDCgov] recommends antiviral drugs to treat illness in people who are sick with the flu and for those at who are at high risk of serious flu complications. www.cdc.gov/flu/ #FightFlu

Pneumococcal pneumonia is a serious flu-related complication that can result in death. [FB: @CDC/ TW: @CDCgov] recommends all adults age 65 and older receive one or more pneumococcal vaccines. Talk to your doctor about which vaccines are best for you. <https://go.usa.gov/xnHSa>

Protect yourself

When it comes to the seasonal #flu vaccine, doctors and other health care professionals are your most trusted resource. Find all the resources you need to have a successful vaccination conversation: www.health.mil/flu #FightFlu

For medical advice before or after you get your #flu vaccine, contact the toll-free [FB: @DHAImmunizationHealthcare/ TW: @DHA_IHB] Support Center at (877) GET-VACC or 877-438-8222, Option 1. They're available 24 hours a day 7 days a week for immunization-related customer support. Learn more at www.health.mil/vaccines

Stay alert for emergency warning signs of flu sickness, such as difficulty breathing. <https://go.usa.gov/xVngk>

Flu vaccination can keep you from getting sick with flu, and reduce the risk of flu-associated hospitalization. <https://go.usa.gov/xGCJW>

Getting the #flu vaccine reduces doctors' visits, missed work, and school, as well as prevents flu-related hospitalizations. Everyone 6 months of age and older should #getvaccinated. <https://go.usa.gov/xVHs4>

The flu and children

A number of studies have shown a flu vaccine given during pregnancy helps protect the baby from flu for several months after birth. <https://go.usa.gov/xGCJW>

If you are a caregiver to a young child, you should get a flu vaccine, and make sure that other caregivers and all household members aged 6 months and older also get vaccinated each year. <https://go.usa.gov/xGCSE>

Flu is more dangerous than the common cold for children. Parents and caregivers: here's what you need to know to protect the children in your life. <https://go.usa.gov/xVngN>

Parents, check out these videos for information about how to help prevent the spread of the #flu:

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<https://go.usa.gov/xpcqU> #FightFlu

Parents, don't let your children miss out on activities and fun. Get information to help protect them from the flu during the school year: <https://www.cdc.gov/flu/about/index.html> #FightFlu

Do you think you or your child has been exposed to the #flu? Call the Nurse Advice Line at 1-800-TRICARE (1-800-874-2273) and press option 1 for help 24 hours a day, 7 days a week. To learn more or find numbers overseas, visit www.mhsnurseadvice.com

Travelers

Unvaccinated travelers can bring the flu virus to the U.S. – and it can spread. Protect yourself, your family, and your community with the flu vaccine, especially before traveling internationally. Check out the [FB: @CDC/ TW: @CDCgov] Yellow Book at <https://wwwnc.cdc.gov/travel/page/yellowbook-home>

#DYK? The [FB: @CDC/ TW: @CDCgov] publishes a weekly Influenza Surveillance Report about seasonal #flu activity in the U.S. Check it out at <https://www.cdc.gov/flu/weekly/index.htm>

TRICARE

@TRICARE covers the #flu vaccine as recommended by the [FB: @CDC/ TW: @CDCgov] at no cost to you. For more flu resources, visit www.tricare.mil/flu #FightFlu #GetVaccinated

Protect yourself and your family by getting the #flu vaccine before it's too late. @TRICARE covers vaccines at no cost, but you may need to pay your office visit copayment if you get a flu shot at your doctor's office. For more, visit: www.tricare.mil/FluVaccine #FightFlu

Get the flu vaccine at no cost at a military hospital or clinic or at a participating network pharmacy. If you get the vaccine as part of an office visit with a TRICARE-authorized provider, you'll need to pay your copayment or cost-share for the office visit. Visit: www.tricare.mil/FluVaccine

#DYK? @TRICARE covers flu shots at no cost to you. To learn more about getting your annual flu vaccine for free, visit: www.tricare.mil/FluVaccine #GetVaccinated

Get vaccinated and wash your hands to prevent sick days. To learn more about getting your annual flu vaccine for free, visit: www.tricare.mil/FluVaccine

Remember, if you get your #flu vaccine at a participating network pharmacy, you need to have the pharmacist administer the vaccine for it to be at no cost to you. Call ahead so you understand your network pharmacy's process.

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Vaccine Records

Facilities using TOL

You can ease the worries of losing your child's immunization record by using the TOL Secure Patient Portal. Login today: <https://www.tricareonline.com/tol2/prelogin/desktopIndex.xhtml>

Facilities using MHS GENESIS

You can ease the worries of losing your child's immunization record by using the #MHSGENESIS Secure Patient Portal. Login today: <https://patientportal.mhsgenesis.health.mil/>

Information for Health Care Personnel

Health Care Professionals! Some people have a higher risk for serious flu complications that can result in hospitalization or death. Read "Guidance for Use in Specific Populations and Situations" on high-risk flu-related complications in the CDC MMWR: <https://go.usa.gov/xpcqH>

#DYK? During the flu season, [FB: @DHAImmunizationHealthcare/TW: @DHA_IHB] offers DoD Immunization Programs for providers including clinical consultative services, education, and training. Check us out at <https://www.health.mil/vaccineconsult>

The [FB: @DHAImmunizationHealthcare/TW: @DHA_IHB] has four Regional Vaccine Safety Hubs supported by 17 Immunization Healthcare Specialists strategically located worldwide to assist @DeptofDefense medical activities during flu season and beyond. Find your IHS at <https://health.mil/ContactYourIHS>

The approved manufacturer packaging information is the guide for proper storage and handling of flu vaccines. To learn more, visit: <https://www.health.mil/coldchain>

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FLU

- ▲ Abrupt onset of fever
- ▲ Muscle pain
- ▲ Sore throat
- ▲ Non-productive cough
- ▲ Runny nose
- ▲ Headache

#FIGHT FLU

A FLU VACCINE CAN KEEP YOU FROM GETTING SICK WITH FLU,

- ✓ **HELPING PROTECT YOU,**
- ✓ **YOUR LOVED ONES,**
- ✓ **AND THE MOMENTS THAT MATTER MOST.**

#FIGHT FLU

GET YOURSELF AND YOUR FAMILY A FLU VACCINE NOW.

#FIGHT FLU

SYMPTOMS OF FLU

- Fever
- Cough
- Sore Throat
- Body Aches
- Chills
- Runny or Stuffy Nose
- Headache
- Fatigue

#FIGHT FLU

Spread the Facts NOT YOUR GERMS
Protect Yourself From the FLU

- Get vaccinated
- Wash your hands
- Sneeze and cough into your elbow
- Stay home if you're sick

Is it a cold or flu?

Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

CDC FLU FACT

There are prescription medications called "antivirals" that can be used to treat flu illness.

#FIGHT FLU

TAKE 3 ACTIONS TO FIGHT THE FLU

- 1 Get Vaccinated**
- 2 Help Stop the Spread of Flu Viruses**
- 3 Take Antiviral Drugs If Your Doctor Prescribes Them**

#FIGHT FLU www.cdc.gov/flu

TAKE 3 ACTIONS TO FIGHT THE FLU

- 1 Get Vaccinated**

#FIGHT FLU www.cdc.gov/flu

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FLU VACCINE FOR SERVICE MEMBERS

ARE YOU AN ACTIVE DUTY OR GUARD/RESERVE MEMBER? YOU'RE REQUIRED TO GET THE FLU VACCINE.

3 OPTIONS FOR GETTING THE FLU VACCINE

ALWAYS CALL AHEAD TO MAKE SURE THE FLU VACCINE IS AVAILABLE

MILITARY HOSPITAL OR CLINIC

- You have priority at military hospitals and clinics.
- Call to make sure it is available.

PARTICIPATING NETWORK PHARMACY

- You can often get vaccines at participating retail network pharmacies. Not all network pharmacies participate in giving vaccines. Call ahead to confirm.
- The way to get your vaccine from the pharmacist will vary: a health provider at a pharmacy clinic, to avoid possible out-of-pocket costs.
- If you go to a participating network pharmacy, you will have only one chance to be vaccinated. If the flu vaccine is administered by a pharmacist, you can also go to a TRICARE-authorized provider at a participating network retail clinic.

TRICARE-AUTHORIZED PROVIDER

- If seeing a provider other than your Primary Care Manager (PCM), you must have a referral from your PCM.
- In addition, you may have to get transportation or care orders for the office visit.

AVOID HAVING TO GET THE SHOT TWICE! SAVE YOUR RECEIPT.

FOR YOUR RECORDS

When you get a flu vaccine either in-person with a provider or at a TRICARE-authorized provider, you should always keep a record of the vaccine in your shot record file. Use the following information:

- The date the vaccine was given.
- The manufacturer.
- The vaccine name or code.

TRICARE.mil/flu

GETTING THE FLU VACCINE

TRICARE COVERS THE FLU VACCINE AT NO COST AS RECOMMENDED BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION.

- THE VACCINE IS FREE, BUT YOU MAY HAVE A COST FOR AN OFFICE VISIT WHEN VISITING A PROVIDER
- ALWAYS CALL AHEAD TO MAKE SURE THE FLU VACCINE IS AVAILABLE

3 OPTIONS FOR GETTING THE FLU VACCINE

MILITARY HOSPITAL OR CLINIC

- Active duty service members have priority.
- Call ahead to make sure it's available.

PARTICIPATING NETWORK PHARMACY

- Not all network pharmacies participate in giving vaccines. Call ahead to confirm.
- The way to get your vaccine from the pharmacist will vary: from the pharmacist, not from a health provider at a pharmacy clinic. In some pharmacies out-of-pocket costs.
- Some states may have restrictions for children based on age.

TRICARE-AUTHORIZED PROVIDER

- Follow your provider's instructions for getting care, which may include getting a referral.
- The vaccine is free, but you may have a cost for the office visit.
- Some states may have restrictions for children based on age.

TRICARE.mil/flu

GETTING THE FLU VACCINE

WHO SHOULD GET VACCINATED AGAINST INFLUENZA?

- SEASONAL INFLUENZA VACCINE IS RECOMMENDED FOR EVERYONE 6 MONTHS OF AGE AND OLDER WITH RARE EXCEPTION.
- PEOPLE AT HIGH RISK FOR INFLUENZA COMPLICATIONS INCLUDE:
 - INFANTS.
 - YOUNG CHILDREN.
 - PREGNANT WOMEN.
 - ADULTS AGE 65 AND OVER.
 - NURSING HOME OR LONG-TERM CARE FACILITY RESIDENTS.
 - THOSE WITH UNDERLYING HEALTH CONDITIONS.

TRICARE.mil/flu

PREVENTING THE FLU

- THE SINGLE BEST WAY TO PREVENT SEASONAL FLU IS TO GET VACCINATED EACH YEAR.
- OTHER PROTECTIVE MEASURES YOU CAN TAKE ARE:
 - AVOID PEOPLE WHO ARE SICK
 - COVER YOUR MOUTH WHEN YOU COUGH OR SNEEZE
 - WASH YOUR HANDS OFTEN
 - AVOID TOUCHING YOUR FACE AFTER TOUCHING COMMON SURFACES

TRICARE.mil/flu

Take Action to Prevent the Flu

- Wash your hands frequently during cold and flu season
- Get the flu vaccine
- Isolate sick family members to avoid spreading germs

If you do get sick, follow your doctor's orders including getting plenty of rest, staying hydrated, and taking any prescribed medications.

Visit www.tricare.mil/flu for resources and information about the flu vaccine.

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Clinic Materials

Checklists and cards for your organization or facility to use as needed.

[Checklist: Best Practices for Vaccination Clinics Held at Satellite, Temporary, or Off-Site Locations](#)

[Influenza Off-Site Vaccination Clinic Supply Checklist](#)

[Influenza Vaccination Documentation Wallet Card](#)

[Pediatric Influenza 2nd Dose Reminder Cards](#)

Vaccine Questions & Answers

These are talking points rephrased as Q&As for you to easily share with your audience.

Q: Are vaccines safe?

A: Yes, vaccines are very safe. The United States' long-standing vaccine safety system ensures that vaccines are as safe as possible. Currently, the United States has the safest vaccine supply in its history. Millions of children safely receive vaccines each year.

Every vaccine undergoes extensive testing before it is licensed, and the FDA continuously monitors safety as long as a vaccine is in use.

Most side effects from vaccination are minor, such as soreness where the injection was given or a low-grade fever. These side effects do not last long and are treatable.

Q: What diseases do vaccines protect against?

A: The vaccines included in the CDC's routine childhood immunization schedule protect against 14 diseases by age 2. These include serious diseases like measles, whooping cough, polio, tetanus, rotavirus, hepatitis A, hepatitis B, chickenpox, influenza, and more. The seasonal influenza vaccine is designed to protect against the influenza viruses determined by the World Health Organization (WHO) to be the most likely to spread and cause illness among people during the influenza season. The Food and Drug Administration makes the final decision about vaccine viruses included in influenza vaccines in the United States.

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Email Templates

TALKING POINTS FOR EMAIL TEMPLATE 1 – GENERAL FLU INFORMATION

Flu season is coming, and the CDC recommends anyone 6 months old and up get an annual flu shot, unless they have a medical condition that prevents them from getting one. High-risk populations, including pregnant women, children under 5, adults 65 and older, and those with underlying medical conditions, are especially encouraged to get their flu shot. Check with your primary care manager to see when and how you can get the flu shot this year.

[If sender is hosting flu shot clinics, this can be noted here.]

TALKING POINTS FOR EMAIL TEMPLATE 2 – PREGNANT PEOPLE

Pregnant people are at an increased risk for severe illness and complications if they get the flu. If you're pregnant during flu season, call your doctor to see when and how you can get the flu shot. They can tell you which vaccines the CDC recommends for pregnant people and how to protect you and your baby during flu season.

[If sender is hosting flu shot clinics or “getting ready for baby” classes, this can be noted here.]

TALKING POINTS FOR EMAIL TEMPLATE 2 – MANDATORY POPULATIONS

The annual flu shot is mandatory for civilian health care personnel who provide direct patient care and is highly recommended for all other staff who work in military hospitals and clinics. Service members, regardless of status, should follow guidance from their leadership chain. If you don't have access to a military hospital or clinic, you can get the flu shot from a participating retail network pharmacy or their primary care manager.

[If the sender is hosting flu shot clinics for employees, this can be noted here.]

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2020 Seasonal Influenza Vaccine

While it's not possible to say with certainty what will happen in the fall and winter, CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be active. The following messages provide communicators at military hospitals and clinics with important CDC and Defense Health Agency information to share with patients and beneficiaries.

Key Messages

- ◆ For the 2020-21 flu season, flu vaccination will help reduce the overall impact of respiratory illnesses on the population and decrease the burden on the health care system during the COVID-19 pandemic.
- ◆ Receiving the flu vaccine will not protect against COVID-19; however, flu vaccination has been shown to reduce the risk of illness, hospitalization and death from an influenza infection.
- ◆ Flu vaccination should be postponed for people with suspected or confirmed COVID-19, regardless of whether they have symptoms, until they have met the criteria to discontinue their isolation. While mild illness is not a contraindication to flu vaccination, vaccination visits for these people should be postponed to avoid exposing healthcare personnel and other patients to the virus that causes COVID-19.
- ◆ Flu vaccines for beneficiaries will arrive on a rolling basis at MTFs beginning in September and extending into December. The bulk of the earliest arriving vaccine will be given to overseas locations, deployed service members, and other beneficiaries who otherwise have no access to the flu vaccine.
- ◆ Contact your local MTF for information on safety precautions being taken to protect visitors against COVID-19, and be sure to check flu vaccine availability before you plan a visit.
- ◆ Beneficiaries can also get a flu vaccine at no cost by visiting a TRICARE participating network pharmacy. The vaccine must be administered by a pharmacist. Beneficiaries may also receive a flu vaccine administered by a TRICARE network provider at no cost. Call first to see if your provider is offering the vaccine and whether they are a TRICARE network provider. Visit www.tricare.mil/flu to learn about TRICARE coverage and the flu vaccine.
- ◆ If you or your child receives a vaccine outside of the MTF, remember to get a record of it and share the information with your primary care provider or military clinic. This will ensure your family's vaccination records are current.



Additional Resources for 2020 Seasonal Influenza Vaccine

- The TRICARE flu website has information on no-cost and co-pay options should you decide to go out to the retail pharmacy network for your flu vaccination. www.tricare.mil/flu
- The Seasonal Influenza Resource Center 2020-21 has more information: www.health.mil/fluresourcecenter

TRICARE.mil/flu



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2020 Seasonal Influenza Vaccine Key Messages

AUDIENCE	KEY MESSAGE	TALKING POINTS
Active Duty service members	<p>Required to get the flu vaccine annually.</p> <p>Seasonal influenza vaccine is recommended for everyone 6 months of age and older with rare exception.</p>	<p>Options for getting the flu vaccine:</p> <ul style="list-style-type: none"> - Your unit: Check with your chain of command. - Military hospital or clinic: Contact the facility for availability. - TRICARE participating network or non-network pharmacy at no cost: The pharmacist must administer the vaccine. If you use a non-network pharmacy, you may have to pay out-of-pocket and file a claim for reimbursement. - TRICARE network provider at no cost: Get a referral from your Primary Care Manager. Then call to see if the provider is offering the vaccine and confirm they are a TRICARE network provider. - TRICARE non-network provider: To get the vaccine at no cost from a non-network provider, first, get a referral from your Primary Care Manager. You may have to pay out-of-pocket and file a claim for reimbursement. <p>If you get a flu vaccine from a TRICARE-authorized civilian pharmacy or provider, follow your service guidance for recording the vaccine in your service medical record.</p>
Reserve/National Guard service members	<p>Required to get the flu vaccine annually.</p> <p>Seasonal influenza vaccine is recommended for everyone 6 months of age and older with rare exception.</p>	<p>Options for getting the flu vaccine:</p> <ul style="list-style-type: none"> - Your unit: Check with your chain of command first. - Military hospital or clinic: Contact the facility for availability. - If on active duty status, you can use: <ul style="list-style-type: none"> • TRICARE participating network or non-network pharmacy: The pharmacist must administer the vaccine. If you use a non-network pharmacy, you may have to pay out-of-pocket and file a claim for reimbursement. • TRICARE participating network provider: Get a referral from your Primary Care Manager. Then call to see if the provider is offering the vaccine and confirm they are a TRICARE network provider. <p>If you get a flu vaccine from a civilian pharmacy or provider, follow your service guidance for recording the vaccine in your service medical record.</p>
Beneficiaries under 3 years old	<p>Seasonal influenza vaccine is recommended for everyone 6 months of age and older with rare exceptions.</p> <p>Receiving the influenza vaccine will not protect against COVID-19; however, influenza vaccination has been shown to reduce the risk of illness, hospitalization and death from influenza.</p>	<p>For beneficiaries younger than 3, DHA has enough flu vaccines to support demand.</p> <p>Options for getting the flu vaccine:</p> <ul style="list-style-type: none"> - At a military hospital or clinic at no cost: Contact the facility for availability. If the vaccine is not yet available and you want to get the vaccine, you may use the TRICARE network. - TRICARE network provider at no cost: Call first to see if the provider is offering the vaccine and to confirm they are a TRICARE network provider. - TRICARE non-network provider or non-network pharmacy: Deductible and cost shares may apply based on your TRICARE plan. You may have to pay out-of-pocket and file a claim for reimbursement. <p>If your child gets a vaccine outside the military hospital or clinic, make sure to take your child's shot record with you or get a record from the pharmacy/provider's office to put in your child's medical records.</p> <p>Note: Beneficiaries under 3 years old may NOT go to a TRICARE participating network pharmacy to get a flu vaccine. DHA has planned for enough flu vaccines to support beneficiary demand.</p>
Beneficiaries over age 3 and under 65	<p>Seasonal influenza vaccine is recommended for everyone 6 months of age and older with rare exceptions.</p> <p>Receiving the influenza vaccine will not protect against COVID-19; however, influenza vaccination has been shown to reduce the risk of illness, hospitalization and death from influenza.</p>	<p>DHA has planned for enough flu vaccines to support beneficiary demand.</p> <p>Options for getting the flu vaccine:</p> <ul style="list-style-type: none"> - At a military hospital or clinic at no cost: Contact the facility for guidance and availability. If the vaccine is not yet available and you want to get the vaccine, you may use the TRICARE network. - TRICARE participating network pharmacy at no cost: A pharmacist must administer the vaccine. - TRICARE network provider at no cost: Call first to see if your provider is offering the vaccine and to confirm they are a TRICARE network provider. - TRICARE non-network provider or non-network pharmacy: Deductible and cost shares may apply based on your TRICARE plan. You may have to pay out-of-pocket and file a claim for reimbursement. <p>Make sure to get a copy of your vaccine record.</p>
Age 65 and over with Medicare Parts A and B; those who show as TRICARE For Life in DEERS	<p>Seasonal influenza vaccine is recommended for everyone 6 months of age and older with rare exception.</p> <p>Receiving the influenza vaccine will not protect against COVID-19; however, influenza vaccination has been shown to reduce the risk of illness, hospitalization and death from influenza.</p>	<p>For beneficiaries 65 and older, DHA has enough flu vaccines to support demand.</p> <p>Options for getting the flu vaccine:</p> <ul style="list-style-type: none"> - At a military hospital or clinic at no cost: TRICARE For Life beneficiaries get care on a space-available basis at military hospitals and clinics. Call first to see if the facility will be providing vaccines to your age group. - TRICARE participating network pharmacy at no cost: A pharmacist must administer the vaccine. - TRICARE non-network pharmacy: Deductible and cost shares may apply based. You may have to pay out-of-pocket and file a claim for reimbursement. <p>Make sure to get a copy of your vaccine record.</p>
Pregnant beneficiaries	<p>Pregnant women are at an increased risk for severe illness and complications if infected with the influenza virus.</p> <p>With few exceptions, everyone over the age of 6 months should receive an annual influenza vaccination, including pregnant women, during any trimester.</p>	<p>DHA has planned for enough flu vaccines to support beneficiary demand.</p> <p>Options for getting the flu vaccine:</p> <ul style="list-style-type: none"> - At a military hospital or clinic at no cost: Contact the facility for guidance and availability. If the vaccine is not yet available and you want to get the vaccine, you may use the TRICARE network. - TRICARE participating network pharmacy at no cost: A pharmacist must administer the vaccine. - TRICARE network provider at no cost: Call first to see if your provider is offering the vaccine and to confirm they are a TRICARE network provider. - TRICARE non-network provider or non-network pharmacy: Deductible and cost shares may apply based on your plan. You may have to pay out-of-pocket and file a claim for reimbursement. <p>Make sure you get a copy of your vaccine record.</p>

To find a participating network pharmacy, visit <https://militaryrx.express-scripts.com/find-pharmacy> or call 1-877-363-1303



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