

# GETTING THE FLU VACCINE



## 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. Refer to the 2020 Seasonal Influenza Message Map for communicators for specific key messages.
- ◆ 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.
- ◆ For TRICARE beneficiaries who want to get a flu vaccine before it is available at their MTF, they can use a TRICARE network participating pharmacy at no cost. Visit [www.tricare.mil/flu](http://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 you and 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](http://www.tricare.mil/flu)
- The Seasonal Influenza Resource Center 2020-21 has more information: [www.health.mil/fluresourcecenter](http://www.health.mil/fluresourcecenter)

**TRICARE.mil/flu**



# 2020 Seasonal Influenza Vaccine MESSAGE MAP

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>Your unit may administer the shots. Check with your chain of command or call your local supporting MTF and ask them if they have the flu shot.</p> <p>There are three options for getting the flu vaccine.</p> <ul style="list-style-type: none"> <li>-Military hospital or clinic</li> <li>-Participating network pharmacy</li> <li>-TRICARE authorized provider</li> </ul>
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>Your unit may administer the shots. Check with your chain of command or call your local supporting MTF and ask them if they have the flu shot.</p> <p>Call your local supporting MTF and ask them if they have the flu shot, if they do, get the shot.</p> <p>There are three options for getting the flu vaccine.</p> <ul style="list-style-type: none"> <li>-Military hospital or clinic</li> <li>-Participating network pharmacy</li> <li>-TRICARE authorized provider</li> </ul>
Pediatric beneficiaries under 3 years old	<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>When you get a flu vaccine from a participating network pharmacy or provider, follow your service guidance for recording the vaccine in your shot record.</p> <p>For beneficiaries younger than 3, we have enough flu vaccines to support beneficiary demand.</p> <p>Contact your MTF pediatric clinic for your vaccine.</p> <p>For beneficiaries who want to get a flu vaccine earlier, we encourage them to go to a TRICARE participating network pharmacy to obtain the shot.</p>
Beneficiaries age 65+	<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>Beneficiaries aged 65+, we have enough flu vaccines to support beneficiary demand.</p> <p>Contact your MTF for your vaccine.</p> <p>For beneficiaries who want to get a flu vaccine earlier, we encourage them to go to a TRICARE participating network pharmacy to obtain the shot.</p>
Beneficiaries over age 3 and under 65	<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>DHA has planned for enough flu vaccines to support our beneficiary demand.</p> <p>Call your local Military Treatment Facility and ask them if they have the flu shots now. If they do, get the shot.</p> <p>For beneficiaries who want to get a flu vaccine earlier, we encourage them to go to a TRICARE participating network pharmacy to obtain the shot.</p>
Pregnant beneficiaries	<p>Pregnant women are at an increased risk for severe illness and complications if infected with the influenza virus. 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>Call your MTF and ask them if they have the flu shots now. If they do, get the shot.</p> <p>For beneficiaries who want to get a flu vaccine earlier, we encourage them to go to a TRICARE participating network pharmacy to obtain the shot.</p>

