

*Protect Against the Flu*

St. Andrew the Apostle Catholic Church and Preventa Health are collaborating to bring immunizations against influenza and pneumococcal disease to the community. Protect yourself and loved ones by becoming vaccinated. The Centers for Disease Control and Prevention recommends annual vaccination against seasonal influenza as the *first and most important step* in protecting against the flu. In addition to vaccination of people age 65 and older, pregnant women, and people with chronic health conditions like diabetes, vaccination is recommended for all children and teenagers between six months and 18 years of age. In addition, all adults age 65 and older are advised to receive the pneumococcal vaccine. Cigarette smokers age 19 and up as well as persons with asthma, COPD, and emphysema should also receive a single dose of this vaccine to prevent pneumonia.

A walk-in flu shot clinic will be held in the parish hall at St. Andrew the Apostle Catholic Church, on Saturday, October 10, 2009 and Saturday, November 14, 2009. The times for both clinics will be from 11 am to 5 pm. Registered nurses from Preventa Health will provide both influenza and pneumococcal immunizations. Either a parent or guardian must be present for the vaccination of children and teens. Both vaccines are 100% covered services of original Medicare Part B, Medicare Advantage (MA), private fee-for-service and preferred provider health insurance organization plans. Please bring your Medicare or Medicare Advantage card with you. Preventa Health cannot accept Medicare Advantage HMO or other HMOs. The costs for non-Medicare vaccine recipients are: \$25 for the seasonal influenza vaccine, \$30 for the FluMist seasonal flu nasal mist, and \$45 for the pneumococcal vaccine. Cash or checks are accepted. A receipt will be given for those who wish to file with their insurance carrier for reimbursement.

**Important Note:** Novel H1N1 (swine) flu is a different strain from that of seasonal influenza, so it requires a separate vaccine. If the novel H1N1 vaccine is available, it will be offered on November 14, 2009. There will be no charge for the novel H1N1 vaccine; however, there will be an administration charge. That fee will be determined by the US Government and private insurance plans.

For more facts on influenza and pneumococcal prevention go to <http://www.cdc.gov>. If you have further questions about this Preventa Health flu clinic, call the St. Andrew the Apostle School nurses, Debbie Zeller or Lynn Soderstrom, at 703-817-1774.