



# Wellness In Action



## December: Get Your Flu Vaccination!

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#### Three Actions to Fight the Flu this Flu Season

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Flu is a serious contagious disease that can lead to hospitalization and even death. You have the power to protect yourself and your family this season with these three actions to fight flu.

- 1. Get a flu vaccine.** Everyone 6 months of age and older should get a flu vaccine by the end of October, if possible. A yearly flu vaccine is the first and most important step in protecting against the flu.
- 2. Take action to stop the spread of germs.** Wash your hands often with soap and water and cover your nose and mouth with a tissue when you cough or sneeze. If you become sick, limit your contact with others to prevent the spread of flu-causing germs.
- 3. Take flu antiviral drugs if your doctor prescribes them.** If you get the flu, your provider may give you a prescription for antiviral medications. Antiviral medications can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. Learn more about how you can fight the flu this season at [www.cdc.gov/fightflu](http://www.cdc.gov/fightflu)

#### Parents: What you should know this Flu Season

The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia. Most children who die from flu have not been vaccinated.

**You** have the power to protect your family from flu this season by getting vaccinated and making sure everyone in your family 6 months and older gets their yearly flu vaccine too.



This season, only injectable flu vaccines (flu shots) are recommended for use. The nasal spray vaccine, is NOT recommended for use during the 2016-17 season because of concerns about its lack of effectiveness. Learn more about influenza vaccination for children at:

<http://www.cdc.gov/flu/protect/children.htm>

Keep your family healthy and strong this flu season. Fight the flu. Get your family vaccinated.

#### Older Adults Need a Yearly Flu Shot

While flu seasons can vary in severity, during most seasons adults 65 years and older bear the greatest burden of severe flu disease making it especially important for older adults to get an annual flu shot. People 65 years and older are at higher risk of serious complications from the flu compared with young, healthy adults because human immune defenses become weaker with age.

Influenza is often quite serious for people 65 and older. It's estimated that between about 70% to 90% of seasonal flu-related deaths and between 50% to 70% of seasonal flu-related hospitalizations in the United States have occurred among people 65 years and older.

However, one recent study showed vaccination reduced the risk of flu hospitalization by more than half in people 50 and older. A yearly flu vaccine is the first and best protection against the flu and flu-related complications.

You have the power to fight the flu this season and protect yourself as well as the ones you love from flu. If you are 65 or older, or live with or care for someone who is, get your yearly flu vaccine. For more information about flu and flu vaccines, visit <http://www.cdc.gov/flu/about/disease/65over.htm>.

#### Source:

*Centers for Disease Control and Prevention,  
National Center for Immunization and Respiratory Disease; October 11, 2016*



# JBSA-Fort Sam Houston & Surrounding Area Information



## **Influenza Vaccinations Are Available!**

Call the SAMMC/BAMC FluLine at 210-916-7FLU for information on vaccination locations and schedules.  
and locations.

## **Tobacco Cessation Program**

This live, in-person program is comprised of four classes, provided once a week for four weeks. Participants interested in receiving pharmaceutical cessation aids can meet one-on-one with a provider during Week 2 of the program. Please call JBSA-FSH Army Health Promotion at 210-916-7646 for class schedules and to enroll.

### **PROGRAM ELIGIBILITY GUIDELINES:**

**TRICARE Beneficiaries:** The Tobacco Cessation Program is open to all TRICARE beneficiaries.

**DoD Beneficiary Employees:** The Occupational Health Clinic will continue to provide cessation classes and pharmaceutical cessation aids for DoD Beneficiary Employees until 31 December 2016. Cessation services are subject to the guidelines of the Third Party Collection Program. For more information, please call the OH Clinic at 210-916-3707.

**Contract Employees & Non-Beneficiaries:** Contract employees, who are not DoD Beneficiaries, are excluded from participation unless program entitlement is specifically documented in their contract. Non-TRICARE beneficiaries are also ineligible.

## **Healthy Life Balance Group**

According to the World Health Organization (WHO), "Health is a state of complete physical, mental, and social well-being." Healthy living is comprised of the steps, actions and strategies we use to achieve health and well-being.

It requires a balance of responsible and smart health choices; eating right, daily physical activity, emotional and spiritual wellness, adequate sleep, avoiding harmful drugs, alcohol, tobacco, illness, stress, & safeguarding a good work-life balance.

The Healthy Life Balance Group is available to support your efforts to develop and maintain a healthy lifestyle. This program is offered by Army Public Health Nursing and is open to all TRICARE beneficiaries. Participants receive individual (or group) health risk assessments which are complimented with an array of health promoting activities and classes. Classes highlight the impact and importance of proper sleep, activity, nutrition, and stress management.

Activities and classes are provided by health educators who work to equip participants with the fundamental tools and motivation necessary to reach their healthy lifestyle goals.

Initial sessions are offered quarterly and are held once a week, for 13 weeks. Active Duty and those under Tricare are eligible to attend.

Call JBSA-FSH Health Promotion for more info. @ 210.916.7646 or 916.8824

## **12-Week Walking Challenge!**

Take advantage of the summer/fall seasons by joining the 12-Week "Just Do It" Walking Challenge sponsored by IMCOM HQ's.

Enrollment and participating is simple (**Note** - All civilians, Soldiers, contractors, retirees, and their family members are welcome to enroll):

1. Get yourself an activity tracker
2. Set out to walk daily (goal is to aim for 10,000 steps per day)
3. Enroll in the Walking Challenge through the IMCOM Civilian Wellness Coordinator by calling 907-873-7327. You can download an enrollment form at:

[https://army.deps.mil/army/cmds/imcom\\_HQ/surgeon/SitePages/Home.aspx](https://army.deps.mil/army/cmds/imcom_HQ/surgeon/SitePages/Home.aspx)

Further guidance will be sent to you once you enroll.

Now let's get out there and "Just Do It!"



**For more information on starting your journey to a healthier lifestyle, contact BAMC Army Public Health Nursing, Health Promotion at 210.916.7646 to schedule an appointment for a Health Risk Assessment.**

**During your appointment, you will receive personalized information that will allow you to make informed decisions regarding your modifiable risk factors. Health educators can empower you through education and coaching to make healthier lifestyle choices and move toward a better future.**