

Flu clinics for SAS employees and their covered dependents will be held from 8 a.m. to 6 p.m. on the following days:

- Wed. – Fri., Sept. 28 – 30
- Wed. – Fri., Oct. 5 – 7

Registration is required but the U.S. is projected to have plenty of vaccine this year. If you do not have access to InsideSAS, please call the Health Care Center at [919-531-8809](tel:919-531-8809) to schedule an appointment.

SAS Retirees on COBRA with a SAS BCBS card may attend HCC flu clinics. See Flu FAQs below to find out what to do if you're unable to attend one of the scheduled flu clinics

Flu Clinic Logistics

At flu clinics this year, you will:

- Enter campus via the Research Drive entrance and follow signage to the top HCC parking lot.
- Follow signs to the HCC Healthy Living Room (W0001).
- Wear a mask in all areas of the Health Care Center.
- Be greeted by a WakeMed representative who will hand you a consent form to sign for each person receiving a flu shot.
- Give your completed paperwork to a receptionist who will verify your SAS BCBS insurance card and coverage.
- Be escorted to a private exam room to receive your flu vaccine. Families will be able to receive their flu shots together if desired.
- Exit through the HCC lobby (not the flu clinic waiting area) to maintain a one-way traffic flow.
- Patients receiving their first flu shot will be asked to wait in the HCC lobby for 15 minutes before leaving.

Flu FAQs

What if I am unable to attend one of the HCC's scheduled flu clinics?

Beginning Monday, Oct. 10, you may call the HCC [919-531-8809](tel:919-531-8809) to schedule a flu shot appointment. Families are still able to get their flu shots at the same time if desired.

Not in Cary? Present your PharmAvail prescription card for 100 percent coverage at any local pharmacy.

What if I already have an appointment scheduled at the Health Care Center? Can I get my flu shot then?

If you have a visit scheduled with an HCC nurse practitioner, physician or nurse you'll be offered flu vaccine (while supplies last) when you're here if you are not being seen for illness with accompanying fever.

Can I get my COVID-19 booster at the flu clinic?

COVID-19 boosters will **not** be given at the flu clinics. See the [Health Care Center's COVID-19 Vaccine page](#) to learn more about the updated vaccine, appropriate timing, and how to schedule an appointment to receive yours.

Will Pneumonia vaccine be offered at the flu clinics?

Pneumonia vaccine will not be offered at the flu clinic so that we can ensure the vaccine is administered to only those individuals for whom it is recommended. There are two types of Pneumonia vaccines available to patients that may require specific spacing based on previous immunization. Please call the Health Care Center ([919-531-8809](tel:919-531-8809)) or your primary care provider to determine if the pneumonia vaccine is recommended for you and to schedule an appointment to receive your shot.

Will FluMist be available?

FluMist is not offered at the Flu Clinics or the Health Care Center.

Who should get vaccinated against seasonal flu this year?

Everyone six months of age and older should get a flu vaccine every year.

Flu vaccination is still the best protection against the flu. It can reduce flu illnesses, health care visits, missed work and school due to flu, as well as prevent flu-related hospitalizations.

Flu vaccination is especially important for people who are at high risk of serious complications from influenza.

Who is at higher risk for developing flu-related complications?

- [Children younger than five, but especially children younger than two years old.](#)
- [Adults 65 years of age and older.](#)
- [Pregnant women.](#)
- Residents of nursing homes and other long-term care facilities.
- People who have medical conditions including:
 - [Asthma.](#)
 - [Neurological and neurodevelopmental conditions](#) [including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability (mental retardation), moderate to severe developmental delay, muscular dystrophy, or spinal cord injury].
 - Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis).
 - [Heart disease or history of stroke](#) (such as congenital heart disease, congestive heart failure and coronary artery disease).
 - Blood disorders (such as sickle cell disease).
 - Endocrine disorders (such as [diabetes](#) mellitus).
 - [Chronic kidney disease.](#)
 - Liver disorders.
 - Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders). Weakened immune system due to disease or medication (such as people with [HIV or AIDS](#), or [cancer](#), or those on chronic steroids).
 - People younger than 19 years of age who are receiving long-term aspirin therapy.
 - People with extreme obesity (body mass index [BMI] of 40 or more).

I'm pregnant. Should I get a flu shot?

Yes. It is recommended that pregnant women get a flu shot. Flu is more likely to cause severe illness in pregnant women than in women who are not pregnant particularly during the second and third trimesters.

Note: There is no recommendation for pregnant women to get special permission or written consent from their OB/GYN or health care professional for influenza vaccination if they get vaccinated at a worksite clinic, pharmacy or other location outside of their provider's office.

What viruses will the 2022-2023 Quadrivalent flu vaccines protect against??

Quadrivalent vaccine protects against four different flu viruses; two strains of influenza A and 2 strains of influenza B.

Egg-based vaccine composition:

- an A/Victoria/2570/2019 (H1N1) pdm09-like virus;
- an A/Darwin/9/2021 (H3N2)-like virus (updated);
- a B/Austria/1359417/2021-like virus (B/Victoria lineage) (updated);
- a B/Phuket/3073/2013-like virus (B/Yamagata lineage)

What else can I do to prevent flu?

CDC recommends yearly flu vaccine as the first and most important step in preventing flu. Additional preventive actions include:

- Avoiding close contact people who are sick.
- Stay at home when you are sick.
- Avoid touching your eyes, nose and mouth.
- Wash your hands often with soap and water. Alcohol-based hand sanitizer can be used if soap and water are not available.
- Clean and disinfect surfaces and objects that may be contaminated with germs.
- Practice good health habits.
 - Eat nutritious foods.
 - Get plenty of sleep.
 - Be physically active.
 - Manage your stress.
 - Drink plenty of fluids.

Symptoms and Treatment

What are the symptoms of flu?

Flu strikes suddenly and symptoms can last several days. They include:

- Fever/chills.
- Sore throat.
- Muscle aches.
- Fatigue.
- Cough.
- Headache.
- Runny or stuffy nose.
- Sometimes diarrhea and vomiting, though this is more common in children than adults.

Young children, people 65 and older, pregnant women and people with certain health conditions can develop flu-related complications such as pneumonia, bronchitis, sinus infections or ear infections.

What if I get sick?

Stay home and avoid contact with others to limit the spread of germs.

Contact your health care provider who will help you determine next steps for your care.

If you develop flu symptoms, and are at [high risk of serious flu-related complications](#), contact your provider as early as possible.

Healthy people with flu symptoms can take these self-care measures at home:

- Drink plenty of fluids to stay hydrated and keep secretions thin and watery.
- Take acetaminophen or ibuprofen to reduce fever and muscle aches.
- Rest as long as you feel tired. Rest/sleep allows your immune system to fight the viral infection.
- Over-the-counter medications for specific symptoms can be helpful but should not be taken for long periods of time.

Seek immediate medical help if you or your child has any of the [emergency warning signs](#) of flu-related complications.

How will I know if I have flu or COVID?

Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone.

Call your health care provider to see if testing is needed to determine the diagnosis.

Flu and COVID-19 share some similarities, but there are key differences between the two. See [the CDC's Similarities and Differences between Flu and COVID-19 page](#) for more details.

How can I prevent sharing the flu with co-workers and family?

If you have symptoms of a cold or flu:

- Avoid coming to work if you have a fever.
- Wear a mask.
- Wash your hands after you cough, sneeze or blow your nose.
- Wash your hands before touching food, dishes, glasses, silverware or other objects people will be handling.
- Use tissues to cover your nose and mouth when you cough or sneeze; discard tissues in the trash immediately after use.
- Don't let your nose or mouth touch public/shared phones or drinking fountains.
- Avoid sharing food, drinks or eating utensils.
- Wipe down shared office equipment with alcohol wipes.

More on Flu and Flu Vaccine

Additional Resources

- [CDC: Everything you need to know about Influenza \(Flu\)](#)
- [The Flu: What parents need to know](#)
- [CDC: Flu Vaccine Information Statement](#)
- [CDC: What you should know about Influenza \(Flu\) Antiviral Drugs](#)