

HEALTH AWARENESS



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FLU SHOTS



The Centers for Disease Control and Prevention (CDC) recommends that everyone six months of age or older get a flu shot yearly. Because of the COVID-19 pandemic, it is even more critical that people get an annual flu shot. The flu places an enormous burden on our medical system each year, and experts are worried that coupled with the increased burden of COVID-19 infections, the system might not be able to keep up, leaving people without necessary care.

THE FLU SEASON

The flu season generally runs from October to April, and people should be vaccinated before the flu becomes widespread in their communities. It takes about two weeks for the vaccination to be fully effective. Flu cases and deaths dropped dramatically last year because of pandemic precautions, such as social distancing and mask-wearing; however, as restrictions decrease, public health experts are worried that

flu numbers will return to pre-pandemic levels, which average 290,000 to 650,000 deaths worldwide.

IMPACT OF VACCINES

Experts also attribute last year's low level of flu deaths and hospitalizations to a record number of influenza vaccinations being administered. September and October are the best months for most people to get a flu vaccine; however, vaccination after October can still offer protection during peak flu season.

Most influenza deaths are caused by secondary respiratory tract or bacterial infections. People over 65 and children under five are at a higher risk of serious flu-related complications and should avoid exposure to infected people and get a flu shot.

TYPES OF FLU SHOTS

There are many different flu strains, and every year the vaccine is updated to match the strains that research

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BENEFITS CORNER



BUILDING HEALTHY FAMILIES

Through its partnership with Anthem, CHP provides members with access to the Building Healthy Families resource. Starting in 2023, Building Healthy Families is an enhanced replacement to the Future Moms program.

The enhanced Building Healthy Families resource is designed to be more inclusive with pathways for LGBTQAI+ families and expanded support for underserved populations.

The program uses AI to provide members with customized resources on pre-pregnancy, maternity, and post-partum care, as well as parenting support. Members can use the Sydney Health app to take advantage of the routine tracking tools for ovulation, weight, blood pressure, due date, and prenatal milestones.

Building Healthy Families also includes app notifications, pre/post behavioral health screenings, health-risk monitoring, and partner profile sharing. Parents can take advantage of educational support along with Individual child profiles and parenting trackers for feeding, diapering, development, and vaccinations. Personal support through chat, email, and the phone is also available.

As always, CTSI staff is here to assist you with your health, dental, vision, or life insurance coverage. You can reach us at 303 861 0507.

indicates will be the most common that season. New this year is a preferential recommendation that people over 65 receive a higher dose of an unadjuvanted flu vaccine, such as Fluzone High-Dose Quadrivalent vaccine, Flublok Quadrivalent recombinant flu vaccine, or FLUAD Quadrivalent adjuvanted flu vaccine. There is no preferential recommendation for people under 65 years old.

WHERE TO GET A FLU SHOT

Flu shots are available from multiple locations throughout your community. Your doctor and local health department offer the shots. Also, many large pharmacy chains, such as Walgreens, CVS, etc., provide flu vaccinations. Visit [VaccineFinder.org](https://www.cdc.gov/vaccines/pandemic-guidance/index.html) to see a list of places that offer flu shots near you.

FLU SHOTS AND COVID-19

Flu vaccines and COVID-19 vaccines can be given at the same time. The CDC has published Interim Guidance for Immunization Services During the COVID-19 pandemic (<https://www.cdc.gov/vaccines/pandemic-guidance/index.html>) to help providers safely continue offering vital immunization services during the Pandemic. Vaccinations, such as the flu shot, are an essential component of preventative medical care and should not be delayed or skipped. Your County Health Plan covers 100% of the reasonable and customary rate for flu shots. 

