



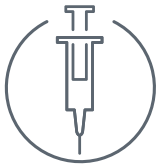
AUSTIN  
REGIONAL  
CLINIC



# Your Best Defense

## Get the Flu Shot

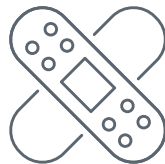
Call your clinic or visit [ARCflushot.com](http://ARCflushot.com)



### FLU VACCINE AT AUSTIN REGIONAL CLINIC

It's time to make a flu vaccine appointment at Austin Regional Clinic (ARC) for you and your family. The US Centers for Disease Control (CDC) recommends the flu vaccine for patients ages 6 months and older.

The CDC recommends that you get your flu vaccine early in the fall. It takes about two weeks for your body to develop protective antibodies to protect you throughout the flu season.



### ARC PROVIDES THE FOLLOWING FLU VACCINES FOR ADULTS & CHILDREN

*See back for details.*

- **Regular flu shot (QIV)**  
Approved for ages 6 months and older
- **Preservative-free flu shot (QIV)**  
Approved for ages 6 months and older (*available for ages 6 to 35 months and pregnant women*)
- **High-dose shot (QIV)**  
Approved for ages 65 years and older
- **FluMist** Offered for children or healthy adults under the age of 50. (*Limited use only*)



### GETTING YOUR FLU VACCINE AT ARC PROVIDES MANY ADVANTAGES

- We vaccinate all family members (*ARC and non-ARC patients*)
- We will file a claim with your insurance company for you. (*Call the customer service number on your insurance card for questions about what's covered and your financial responsibility*)
- We record it in your medical record for future reference.
- You can receive other needed medical care at the same appointment.



### BOOK AN APPOINTMENT

ARC remains committed to the health care of the whole community and encourages you to call today to get the flu vaccine for you and your family.

Visit [ARCflushot.com](http://ARCflushot.com) for more info about this year's flu vaccine, flu clinic schedules, and pricing.

# Seasonal Flu Vaccine FAQ

## WHAT CAN I DO TO PROTECT MYSELF & MY FAMILY AGAINST THE FLU?

By far, the single most important preventive measure is to get vaccinated each fall.

## WHEN SHOULD I GET A FLU VACCINATION?

According to the CDC, the optimal time to receive the vaccine is by the end of October. You can read the CDC's recommendations for the season here. [https://www.cdc.gov/mmwr/volumes/68/rr/rr6803a1.htm?s\\_cid=rr6803a1\\_e&deliveryName=USCDC\\_921-DM7382](https://www.cdc.gov/mmwr/volumes/68/rr/rr6803a1.htm?s_cid=rr6803a1_e&deliveryName=USCDC_921-DM7382)

## DOES THE FLU VACCINE WORK RIGHT AWAY?

No. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu. In the meantime, you are still at risk for getting the flu. That's why it's better to get vaccinated early in the fall, before the flu season really gets under way.

## DOES GETTING A FLU VACCINE EARLY IN THE SEASON MEAN THAT I WILL NOT BE PROTECTED LATER IN THE SEASON?

No. The flu vaccine provides protection for the entire season against the influenza strains contained in the vaccine. Studies do not show that it is beneficial to receive more than one dose of vaccine during a flu season.

## WHY SHOULD I GET VACCINATED AGAINST THE FLU?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and the flu can affect people differently. Even healthy people can get very sick from the flu and spread it to others. A recent CDC analysis found the flu vaccine saves 3,000-10,000 lives per year in the U.S.

## WHY DO I NEED TO GET VACCINATED AGAINST THE FLU EVERY YEAR?

Flu viruses change from year to year, which means two things. First, you can get the flu more than once during your lifetime. Second, a vaccine made against flu viruses circulating last year may not protect against the newer viruses.

That is why the influenza vaccine is updated to include current viruses every year. Another reason to get the flu vaccine every year is that after you get vaccinated, your immunity declines over time and may be too low to provide protection after a year.

## HOW DO FLU VACCINES WORK?

Flu vaccines cause antibodies to develop in the body. These antibodies provide protection against the viruses that are in the vaccine.

Source: <https://www.cdc.gov/flu/about/season/current.htm>

## WHO SHOULD GET VACCINATED?

Everyone 6 months and older should get a flu vaccine each year. The CDC's Advisory Committee on Immunization Practices (ACIP) recommended universal flu vaccination to expand protection against the flu to more people.

While everyone should get a flu vaccine each flu season, it's especially important that the following groups get vaccinated because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

- Children younger than 5 years old, especially younger than 2 years old
- Adults 65 years of age and older
- Pregnant women and women up to two weeks post-partum
- People who live in nursing homes and other long-term care facilities
- People of any age with certain chronic medical conditions
- People living with or caring for those at high risk for complications from flu

## WHAT FLU VIRUSES ARE INCLUDED IN THE 2019-2020 FLU VACCINE?

**Quadrivalent vaccine (QIV):** protects against four viruses including two influenza A viruses (an H1N1 and an H3N2) and two influenza B viruses.

## WHICH FLU VACCINES ARE AVAILABLE AT ARC?

**Flu Shot:** The "flu shot" is an inactive vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for healthy people and people with chronic medical conditions.

There are three different flu shots available at ARC:

- **Regular flu shot (QIV)** Approved for all patients 6 months and older
- **Preservative-free flu shot (QIV)** Available for ages 6 to 35 months and pregnant women
- **High-dose shot (QIV)** Recommended for ages 65 years and older and individuals with compromised immune systems.

**FluMist:** The "FluMist" is a vaccine (containing live virus) that is sprayed into the nose to help protect against the flu.

## WHY IS FLUMIST AVAILABLE AGAIN THIS YEAR?

FluMist was taken off the market in previous years when it was shown to be ineffective. The manufacturer has since changed the vaccine to be more effective. This year the American Academy of Pediatrics recommends limited use of the FluMist; only children who would not otherwise receive the flu vaccine should receive it. However it is an option for healthy adults under the age of 50 as well.