



September 2011 is "Tdap & Flu Vaccination Awareness Month"
at the State Employees' Insurance Board (SEIB)
Wellness Center and Pharmacy

Who Should be Vaccinated?

- The Tdap vaccine is recommended to be given as a **one-time dose in adolescents aged 11 – 18.**
- Patients 19 – 64 years old who have never received a Tdap vaccine should be vaccinated as soon as possible.
- Patients **65 and older** who have never received a Tdap vaccine should be vaccinated if they have **close contact with an infant less than a year old.**
- The flu vaccine is recommended for all people **6 months of age and older.**
- The flu vaccine is especially important for healthcare workers and people in close contact with children less than 6 months of age.

Your SEIB now provides both
Tdap and flu vaccines for
patients 18 years and older



Tdap vaccines are available any time of year.

Flu vaccines are available NOW and available until
supply our runs out

Wellness Center Hours:

Monday-Wednesday, Friday

8:00 am to 5:00 pm

Thursday

9:00 am to 5:00 pm

(334) 263-8470

Pharmacy Hours:

Monday-Wednesday, Friday

7:30 am to 5:30 pm

Thursday

9:00 am to 5:30 pm

(334) 263-8460

DID YOU KNOW?

- o Flu viruses can change from year to year, so it is important to get vaccinated yearly
- o If untreated, the flu virus can lead to pneumonia and worsening of other chronic conditions like diabetes or heart disease
- o 10 – 20% of confirmed tetanus cases are fatal

Employees and dependents insured by the SEIB (BCBS Group 13000, 60913, 61013, 72013 and Southland Group 2000) can purchase various products at discounted prices at the SEIB Pharmacy.

NOTE: Only Group 13000 members may purchase **prescription** drugs.

The SEIB Pharmacy offers **FREE NEXT DAY*** delivery for your prescriptions! *Requests must be received by **3 pm.**

Your **insurance card** and a **photo ID** must be presented when purchasing all products and services.

Purchases of over-the-counter items are limited to: 1 box/1 bottle/30-day supply.

Visit the SEIB State Wellness Center & Pharmacy at 101 South Union Street, Montgomery, Alabama.

334-263-8460

rx@alseib.org

www.alseib.org

Flu vaccine

- Protects against the influenza virus
- It is the primary tool used to **prevent** a person from getting the flu
- Influenza virus:
 - Gets into the body through contact with respiratory droplets from an infected person
 - Usually occurs in the autumn and winter months
 - Symptoms typically occur 1 – 4 days after infection
 - Can cause:
 - Fever
 - Muscle / body aches
 - Cough
 - Sore throat
 - Runny nose
 - Fatigue
- Do **NOT** receive the influenza vaccination if:
 - you are allergic to eggs
 - you have ever had an allergic reaction or Guillain Barre Syndrome following flu vaccination in the past
- The flu vaccine cannot cause the flu despite widespread myths. However, it takes 2 weeks before the vaccine has full effect in the body and during those 2 weeks a person can still get the flu from outside sources.

Tdap vaccine

- Protects against tetanus, diphtheria, and pertussis
- Can be given in place of a regular tetanus booster shot or after a severe cut or burn
- **Tetanus:**
 - Gets into the body through scratches and open wounds
 - Symptoms typically occur between 3 and 7 days after infection
 - Causes lockjaw and painful muscle spasms
- **Diphtheria:**
 - Gets into the body through contact with an infected person
 - Symptoms typically occur 1 – 6 days after infection
 - Causes airways to be blocked by a thick covering
 - Can lead to breathing problems, damage to heart or kidneys, and even death
- **Pertussis:**
 - Gets into the body through contact with an infected person
 - Symptoms typically occur 5 – 14 days after infection
 - Causes whooping cough (severe cough), vomiting, or choking spells
- Do **NOT** receive the Tdap vaccination if:
 - you have ever had an allergic reaction to the Tdap vaccine
 - you have had Guillain Barre Syndrome or seizure episodes following Tdap vaccination in the past

References:

1. Centers for Disease Control and Prevention
2. National Foundation for Infectious Diseases
3. Lexi-Comp Internet Database