

# SAS HCC Flu & COVID-19 Vaccine Clinics



Vaccine clinics, operated by WakeMed Corporate Wellness, will be held at the Health Care Center for SAS employees and their dependents covered under the SAS PPO or HDHP plan and SAS Retirees and their dependents covered under COBRA:

## Flu and/or Moderna's updated COVID-19 Vaccine (for ages 6 months and older)

- Thurs., Oct. 3 from 7:30 a.m. – 6 p.m. *\*Wake County Teacher Workday\**
- Fri., Oct. 4 from 7:30 a.m. – 6 p.m.

## Flu shots ONLY (for ages 6 months and older)

- Tues., Oct. 8 from 7:30 a.m. – 6 p.m.
- Wed., Oct 9 from 7:30 a.m. – 6 p.m.
- Thurs., Oct 10 from 7:30 a.m. – 6 p.m.

[Registration is required.](#) 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 and Dependents on COBRA** with a current SAS BCBS card may attend HCC vaccine clinics. See FAQs below to find out what to do if you're unable to attend one of the scheduled clinics.

## Flu Clinic Logistics

At flu clinics this year, you will:

- Enter campus via the Research Drive entrance and follow signs to park in the top HCC parking lot.
- Follow signs to the HCC Healthy Living Room (W0001).
- Be greeted by a WakeMed representative who will hand you a consent form to sign for each person receiving vaccine.
- Give your completed paperwork to a receptionist who will verify your SAS BCBS card. Save time by completing an [Insurance Registration Form](#) for each person receiving vaccine. Copies will also be available at the clinic.
- Be escorted to a private exam room to receive your vaccine. Families will be able to receive vaccine together if desired.
- Exit through the HCC lobby.
- Patients receiving their first dose of flu or COVID-19 vaccine will be asked to wait in the HCC lobby for 15 minutes before leaving.
  - Since the Moderna COVID-19 vaccine (2024-2025 formulation) for ages **6 months - 11 years** is authorized by the FDA under Emergency Use Authorization, a 15-minute wait after receiving the vaccine is required.

## FAQs

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

Beginning Friday, Oct. 11, you may call the HCC [919-531-8809](tel:919-531-8809) to schedule an appointment to receive FLU vaccine for all ages. Appointments will be made based on schedule and vaccine availability.

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 vaccines then?

If you have a visit scheduled with a provider or nurse you'll be offered FLU vaccine (based on availability) when you're here if you are not being seen for illness with accompanying fever.

## I just had COVID or I recently received a COVID booster, when should I get the new vaccine?

- If you've recently been diagnosed with COVID it is recommended that you wait for your natural immunity to wane (approx. 3 months) before receiving the new vaccine.
- It is recommended that you wait 6 months after your last COVID vaccination to receive the updated vaccine.

## Can I pick which brand of COVID-19 vaccine I receive?

Due to vaccine cost, short shelf-life and unpredictable demand, the HCC and WakeMed are only administering the updated Moderna COVID-19 vaccine. This will allow us to better manage inventory and avoid risk of vaccine wastage.

Moderna and Pfizer are expected to be widely available in the community this fall.

## Is it safe to get a flu shot and a COVID-19 vaccine at the same time?

Yes, however, you aren't required to at the Vaccine Clinics. You can schedule them on different days.

The CDC and FDA have determined it is safe to get both a COVID-19 vaccine and a flu shot at the same time. If you have concerns about getting both vaccines at the same time, you should speak with a healthcare provider.

## Will Pneumonia vaccine be offered at the clinics?

Pneumonia vaccine will not be offered at the flu clinic so we can ensure the vaccine is administered to only those 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.

## Who should get vaccinated against seasonal flu and COVID this year?

CDC recommends everyone 6 months and older get a flu shot and an updated COVID-19 vaccine to protect against the potentially serious outcomes of illness this fall and winter.

Vaccination is especially important for people who are at [higher risk of serious complications](#).

## What else can I do to prevent flu and COVID-19?

In addition to receiving yearly vaccines, 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 complications such as pneumonia, bronchitis, sinus infections or ear infections.

Also see [Similarities and Differences between Flu and COVID-19](#).

### What if I get sick?

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

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

If you develop flu or COVID 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 healthcare 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 COVID-19

[CDC: About COVID-19](#)

[CDC: Key Facts about Flu](#)

[CDC: All you need to know about Flu, COVID-19 & RSV](#)

[CDC: Treating Flu with Antiviral Drugs](#)

Updated Sept 2024