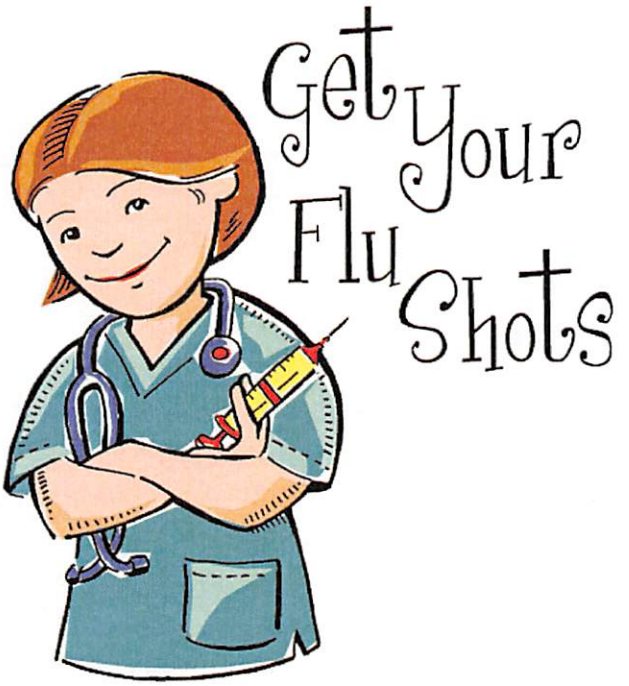

Farr West City is partnering with Community Nursing Services (CNS) to provide an on site

FLU SHOT CLINIC

for the community.

Stop by the Rec Center on October 5th from 4 to 8 pm.

They will be accepting most insurances/Medicare plans.

Cost is $35 without insurance or $14 for children under 18.

(or you can pay and file your own insurance claim for reimbursement)

Required:

Insurance card, Photo ID and face masks

Please visit our website for more information, http://farrwestcity.net

Flu Facts 2020-2021

CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the flu vaccine is designed to protect against the main flu strains that research indicates will cause the most illness during the flu season.

Why Do I Need a Flu Vaccine Every Year?

A flu vaccine is needed every year because flu viruses are constantly changing. It's not unusual for new flu viruses to appear each year. The flu vaccine is formulated each year to keep up with the flu viruses as they change.

What kind of flu vaccines are available for 2020-2021?

There are several flu vaccine options for the 2020-2021 flu season.

• **Quadrivalent (4-Strain) Flu Shot:** an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The quadriva lent flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

• **High Dose Quadrivalent (4-Strain) Flu Shot:** a high-dose flu vaccine approved for people 65 and older, Fluzone High-Dose vaccine contains four times the amount of antigen (the part of the vaccine that prompts the body to make antibody) contained in regular flu vaccines. The additional antigen is intended to create a stronger immune response (more antibody) in the person getting the vaccine.

Seasonal Flu Vaccine protects against the viruses that research indicates will be most common during the upcoming season. The viruses in the vaccine can change each year based on international surveillance and scientists' estimations about which types and strains of viruses will circulate in a given year.

CNS Immunizations

Community Nursing Services
Immunization Program
2820 South Redwood Road
West Valley City, UT 84119
Phone: 801-207-8777

Preventing the Flu: Good Health Habits Can Help Stop Germs

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

- **Avoid close contact.**
  Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from get ting sick too.
- **Stay home when you are sick.**
  If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- **Cover your mouth and nose.**
  Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- **Clean your hands.**
  Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- **Avoid touching your eyes, nose or mouth.**
  Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- **Practice other good health habits.**
  Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

CNS Immunization Accepted Insurances 2020

Adult Medicaid
Aetna
All Savers
Altius
Ameriben
Blue Cross Blue Shield
NOT TEXAS OR ILLINOIS
Cigna
Direct Care Administrators
DMBA *(Desert Mutual)*
EMI Health *(Educators Mutual)*
Federal Blue Cross Blue Shield
GEHA/Integrated-UHC Plans
Health Utah Provider Network
HealthEZ
Healthwest Provider Network
Imagine Health Network
MailHandlers
Meritan Health
Can have AETNA or IASIS logo
Molina
Molina Marketplace
Oxford Health (UHC)
PEHP
Select Health
Tall Tree Administrators
Town & Country Provider Network
Tricare
United Health Care
NOT MARKETPLACE PLANS:
(Navigator, Savers Direct)
U of U Health-NOT Student plans
UMR*(United Medical Resources)*
WISE Network
1st Health
8th District Electrical
MotivHealth (HSA Health Plans)
Sinclair Health

MEDICARE

Aetna Medicare Advantage
Altius Advantra/Advantra Freedom
Blue Cross Blue Shield Medicare
Desert Secure
Health Choice Generations
Humana-65 years (seniors only)
Medicare
Medicare Complete-AARP
Medicare Solutions
Molina Medicare
Select Health Advantage
Steward Health Choice Generations
United Mine Workers of America

ONLY 18 years and under:

CHIP *(Children's health insurance Program)*
Select Health

MEDICAID

Healthy U
Health Choice Utah
Molina Medicaid
Select Health Community Care
Steward Healthchoice Utah
Traditional Medicaid-No PCN Plan

Updated 6/25/20