

Don't let flu bug you.



Patient Frequently Asked Questions

Q: Why get vaccinated? A: Influenza (flu) is a contagious disease. It spreads from person-to-person through coughing or sneezing. Influenza can lead to pneumonia and can be dangerous for people with heart or breathing conditions. The seasonal flu strain kills 36,000 people, mostly elderly, each year in the United States.

Q: Are flu shots available at Concentra Medical Centers? A: Beginning in October, you can walk into Concentra Medical Centers nationwide and get a seasonal flu shot, with no appointment necessary. One call to our toll-free Customer Care line — 866-944-6046 — lets you find the nearest Concentra Medical Center and check the hours of operation. Our Customer Care line is available Mon - Fri 7:00 am - 7:00 pm CST.

Q: Will Concentra provide vaccinations for pregnant women? A: Women who will be pregnant during the flu season are considered high risk for complications from influenza and should get the vaccine. Concentra will provide inactivated influenza vaccinations for pregnant women.

Q: What are the age requirements for providing vaccinations? A: The Centers for Disease Control (CDC) recommends the annual flu vaccination for children aged 6 months and older. However, Concentra only administers vaccinations to children ages 4 and older. Concentra requires parental consent to administer vaccinations to minors; in most cases, age 18 is considered an adult, but that varies from state-to-state.

Q: How much will I have to pay for the seasonal flu vaccine? A: The seasonal flu shot is just \$25, and no appointment is necessary. You may pay by cash, check, or credit card.

Q: How is the vaccine administered? A: Concentra medical personnel will inject the vaccination into the upper arm of the patient. We recommend that patients wear clothing that allows easy access to the upper arm area.

Q: How can I protect against the flu? A: There are several important steps that anyone can take to protect themselves and their loved ones against the flu.

1. Wash hands frequently: This will lessen the chance of carrying or transmitting any viruses that normally get stuck on the hands in day-to-day activities. Try to avoid rubbing eyes or touching nose with dirty hands. Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
2. Avoid close contact with sick people and crowds and increase your distance from people who are coughing and sneezing (called "social distancing"): Keep at least a few feet's distance if you have the flu or are interacting with someone who has the flu. The communicable distance for most flu viruses is about three feet, so keep clear of this radius in order to avoid spread.
3. Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash after using it. Try to teach your children to do the same. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
4. If experiencing flu-like symptoms, don't go out — stay at home. Call a health care provider, particularly if symptoms worsen.
5. Keep sick children out of school, and stay home from work if you are sick. Aside from providing needed rest, such absences protect others from catching whatever you or your child has. It is recommended to have the flu sufferer wear a facial mask when in public to lower the chances of spread.

ConcentraUrgentCare.com

*Final vaccine composition to be confirmed by the Centers for Disease Control.