

# 2009 Seasonal Flu Shot Clinic Information

(Updated 11/06/09)



For faculty and staff who are enrolled in COVA Care, COVA HDHP, and Kaiser Permanente, free seasonal flu shots are part of your wellness benefit.

## How to Obtain a Free Seasonal Flu Shot...

### 1. Participating Pharmacies: COVA Care/COVA HDHP

COVA Care/COVA HDHP plan members, including employees, non-Medicare eligible retiree group members, covered spouses and dependents can receive free flu shots until the end of flu season at participating **COVA Care and COVA HDHP** plan chain and independent retail pharmacies. For information and a list of participating pharmacies, please visit the [Department of Human Resource Management's flu information site](#). Be sure to bring your COVA Care or COVA HDHP card when you go for your shot.

(Please check with your local pharmacy in the chain to be sure it is participating in the program. Each pharmacy location sets up its own clinics and procedures, which may differ between stores.)

### 2. Doctor's Office/Medical Centers: Kaiser Permanente and COVA Care/COVA HDHP

Kaiser plan members have access to free flu shots at their doctor's office and at participating medical centers including some drive through clinics. Visit the Kaiser [flu site](#) for details. Kaiser also offers [weekend flu clinics](#). **COVA Care and COVA HDHP** members may receive free flu shots in their doctor's office covered under the medical routine wellness benefit.

## Be a flu fighter!

### Know the symptoms:

- Fever
- Chills
- Cough
- Sore throat
- Body aches
- Head ache
- Fatigue

Check out "[Is it cold or flu?](#)" (Virginia Department of Health)

### Take precautions:


- Wash your hands often
- Sneeze into your elbow, not your hand
- Stay home if you're sick

### Plan ahead:

- Telework agreement in place (with supervisor approval)
  - Technology in place (virtual private network, softphone, etc.)
  - Details at the [flexible work webpage](#).
- Back up caregiving plans in place (Faculty, staff, and graduate students have complimentary access to Sittercity.com. Log in to [myMasonHR](#) and click on myDiscounts for the Mason program page link.)

**Stay abreast of developments:**

- [respond.gmu.edu](https://respond.gmu.edu) (Environmental Health & Safety)
- [hr.gmu.edu](https://hr.gmu.edu) (Human Resources & Payroll)
- [Centers for Disease Control](https://www.cdc.gov)
- [flu.gov](https://www.flu.gov)
- [Virginia Department of Health](https://www.vdh.virginia.gov)
- Local Information
  - [Arlington County](https://www.aarlingtonva.gov)
  - [Fairfax County](https://www.fairfaxva.gov)
  - [Loudoun County](https://www.loudounva.gov)
  - [Prince William County](https://www.pwccva.gov)
  - [District of Columbia](https://www.dc.gov)

For more information on your wellness benefits through COVA Care, COVA HDHP, and Kaiser Permanente, please visit Human Resources & Payroll's  [Wellness by Mason site](#) and scroll to "Preventive Screenings."

If you have any questions, please call the Benefits Team at 3-2600.

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