

ISU Employee Flu Vaccine Clinic FAQ 2023

When is the best time to get a flu shot?

The CDC recommends getting vaccinated as soon as vaccine becomes available in your community. This will provide protection in case the flu season comes early, and it will protect you throughout the entire flu season, especially peak time December – February!

Why should you get vaccinated?

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 seasonal flu vaccine is designed to protect against the top three or four flu viruses that research indicates will cause the most illness during the flu season. People should begin getting vaccinated soon after flu vaccine becomes available, ideally by October, to ensure that as many people as possible are protected before flu season begins.

When

Monday – Friday (October 9 - October 20) 9:00am – 4:00pm

Where

State Gym - Fitness Studio, Room 1218

- Main Flu Clinic entrance is **SW corner of the building**– look for signs
- Use the accessible entrance on the SW corner of the building-look for signage
- Parking is available in the General Staff lot immediately south of state gym which runs parallel to Sheldon Ave. (Lot #1 on this map [ISU Online Campus Map \(iastate.edu\)](https://www.iastate.edu/campus-map)
 - There will be a limited number of free non-staff permit spaces available close to the entrance.
 - Cy-Ride also stops outside of State Gym on Union Drive.

How much does getting my flu shot cost?

The vaccine is provided for free to eligible employees as a service of ISU WellBeing.

Am I eligible for the free vaccine?

The following groups are eligible to get the shot:

- Faculty, Professional and Scientific, Merit and Post Docs
- University Child Care Employees
- Retirees on health plan who are not yet 65
- ISU Foundation employees
- Iowa State Daily employees

Not eligible

- Students (undergraduate and graduate), student employees, and visiting scholars are not eligible for this service. Contact Thielen Student Health Center for vaccination information at 515-294-5801.
- Spouses and dependents are not eligible for this service.

Do I need to register?

No- registration or appointments are not required during the clinic dates, October 9 – October 20. The ISU employee flu vaccine clinic is open Monday – Friday from 9:00am – 4:00pm during this time for walk-in flu shots.

Should I just get my flu shot at my physician's office?

Flu immunizations are covered on the ISU health insurance plan so you can get the vaccine at your physician's office if you choose. ***However, we would encourage you to use the worksite option when at all possible; not only is it safe and convenient, but it is more cost effective on our medical plan.***

Can I get the flu vaccine at my local pharmacy? Is it covered by insurance?

Yes, ISU participates in the retail Pharmacy Vaccination program with Express Scripts. This program offers members and their covered dependents the convenience of being vaccinated at their local network pharmacy. ***Employees are encouraged to use the worksite option when at all possible; not only is it safe and convenient, but it is more cost effective on our medical plan.***

Is the vaccine at my pharmacy covered by my insurance?

Yes, but copay may still apply. The flu vaccine is covered by the retail Pharmacy Vaccination program with Express Scripts. However, **members may need to pay their formulary brand copayment** (30% up to \$100). *Please note: Extent of insurance coverage for these flu immunizations may vary. You are encouraged to contact customer service (number on the back of the ID card) ahead of time, for your specific coverage.*

What about my spouse and dependents? Can they get the flu vaccine?

The on-site ISU employee flu vaccine clinic is not available for spouses and dependents. However, the flu shot is recommended for anyone 6 months of age and older. Spouse and dependents are encouraged to get their vaccine also. *Please note: Extent of insurance coverage for these flu immunizations may vary. You are encouraged to contact customer service (number on the back of the ID card) ahead of time, for your specific coverage.*

What about flu mist this year?

For the 2023-2024 season, the flu mist is **not available through the ISU Employee flu vaccination clinic**. NOTE: the nasal spray flu vaccine (live attenuated influenza vaccine or "LAIV") is a recommended option for influenza vaccination of persons for whom it is otherwise appropriate. The nasal spray is approved for use in non-pregnant individuals, 2 years through 49 years of age. There is a precaution against the use of LAIV for people with certain underlying medical conditions.

What if I am pregnant?

The flu shot is recommended anytime during a pregnancy. Check with your physician or OB-GYN prior to the vaccination if you have specific questions or concerns.

What viruses does the 2023 flu vaccine cover?

Flu vaccines are designed to protect against the main flu viruses that research suggests will be the most common during the upcoming season. Employees who participate in the ISU employee flu shot clinic will receive a quadrivalent (four components) vaccine that protects against A and B flu virus strains. The four strains it contains are:

- an A/Victoria/4897/2022 (H1N1) pdm09-like virus;
- an A/Darwin/9/2021 (H3N2)-like virus;
- a B/Austria/1359417/2021-like virus (B/Victoria lineage); and
- a B/Phuket/3073/2013-like virus (B/Yamagata lineage).

More information about influenza and flu vaccines is available <https://www.cdc.gov/flu/season/faq-flu-season-2023-2024.htm>

Is the high dose vaccine offered?

No, the high dose vaccine is not available through the ISU employee flu vaccine clinic. For more information on higher dose vaccines, visit the CDC website: https://www.cdc.gov/flu/prevent/qa_fluzone.htm. If you are 65 years or older and want to receive the high dose vaccine, please contact your primary care physician.

Will the ISU Employee Flu Shot Clinic also be offering COVID-19 vaccines or boosters?

No, check with your physician or primary health care provider to discuss or schedule COVID-19 vaccines/boosters. Flu and COVID-19 are two different viruses and require two different vaccines. The Centers for Disease Control and Prevention (CDC) recommends both vaccines and states it is safe to receive them at the same time.

Are there other methods of prevention against flu and cold season?

The CDC recommends all persons aged 6 months or older receive an annual flu vaccination, with rare exceptions. Vaccination is particularly important for people who are at high risk for serious flu complications. Along with getting the flu vaccination, there are other preventative steps you can take to protect yourself against the virus.

1. **Avoid close contact** with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. **Stay home when you are sick.** This will help prevent spreading your illness to others.
3. **Cover your mouth and nose** with a tissue when coughing or sneezing.
4. **Washing your hands often** will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
5. **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.
6. **Wear a face covering** when in large populations or crowded spaces.
7. **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.

I missed the employee flu shot clinics; what can I do now?

Availability of the flu vaccine after the clinic is dependent on the vaccine supply. Vaccination by appointment only will be available while supplies last. Please contact UHR Service Center at 294-4800 for details.

If you have further questions, please contact the UHR Service Center at 4-4800.