



Prevention Beat

August 3, 2011

Flu Season is Fast Approaching... the Best Protection is Vaccination.

Each year in the United States, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications.

While the peak activity for the season flu season is generally November through March the CDC hopes that people will start to go out and get vaccinated against seasonal influenza as soon as vaccines become available (September).

Annual vaccination against influenza is recommended for any adult who wants to reduce the risk of becoming ill with influenza or of transmitting it to others. Vaccination is recommended for all adults without contraindications in the following groups, because these persons either are at higher risk for influenza complications, or are close contacts of persons at higher risk:

- persons aged 50 years and older;
- women who will be pregnant during the influenza season;
- persons who have chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, cognitive, neurologic/neuromuscular, hematological or metabolic disorders (including diabetes mellitus);
- persons who have immunosuppression (including immunosuppression caused by medications or by human immunodeficiency virus);
- residents of nursing homes and other long-term care facilities;
- health-care personnel;
- household contacts and caregivers of children aged <5 years and adults aged 50 years and older, with particular emphasis on vaccinating contacts of children aged <6 months; and
- household contacts and caregivers of persons with medical conditions that put them at higher risk for severe complications from influenza.

Visit the CDC website at <http://www.cdc.gov/flu/> for the current vaccination recommendations for children and adolescents.

The CDC recommends 3 action steps for everyone to help prevent the flu:

- Take time to get vaccinated.
- Take everyday preventive actions such as wash your hands often with soap and water, cover your nose and mouth when you cough or sneeze, stay home when you are sick.
- Take flu antiviral drugs if recommended by your doctor. Antiviral drugs can make your illness milder and make you feel better.

For more information about Influenza and the 2011-2012 ACIP recommendations for vaccination, please visit the Center for Disease Control and Prevention webpage at: <http://www.cdc.gov/flu/>.

The 2011-2012 flu vaccine will protect against the three influenza viruses that research indicates will be most common during the season. This includes an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. ***Your best protection against influenza is vaccination.***

Adult Quick Care will offer flu shots at all locations starting as early as September.

For clients of OHS-COMP CARE, we will offer seasonal flu shots to employers again in 2011. To be put on the list to be scheduled for an on-site or to learn more please contact client services at 816-561-2105 (option 1) or by email at clientservices@ohscompcare.com.

Arrange for your flu shots today and take the BITE out of the FLU BUG for you and your employees!

******We are now open Saturdays at our Independence location from 9am – 1pm to serve your occupational medicine and urgent care needs. Our Independence location is open 5pm – 9pm Monday – Friday to serve your after hour needs as well******



Adult Quick Care is now on Facebook (www.facebook.com/aqcUrgentCare).

Become a fan to keep up with current happenings with AQC as well as Prevention Tips.

****Please feel free to forward this information to any member of management in your company who would benefit from it.****

To learn more about services Adult Quick Care or OHS-COMP CARE has to offer, contact our Client Services Team at (816) 561-2105 option 1 or by e-mail at clientservices@ohscompcare.com. You can also visit us at www.adultquickcare.com or www.ohscompcare.com.

OHS-COMP CARE now featuring Adult Quick Care (Urgent Care Services) has seven (7) area clinical facilities:

Independence Clinical Facility
19000 E. Eastland Center Crt, St. 200
Independence, MO 64055
816-478-9299

After Hours Available

***Now open Saturday 9am – 1pm**

Johnson County Clinical Facility
10415 Lackman Road
Lenexa, KS 66219
913-495-9905

St. Joseph Clinical Facility
904 Edmond Street
St. Joseph, MO 64501
816-233-7702

Grandview Clinical Facility
13830 S Us Highway 71
Grandview, MO 64030
816-761-4664

KCMO/Broadway Clinical Facility
1650 Broadway
Kansas City, MO 64108
816-842-2020

KCMO/Front Street Clinical Facility
6501 East Commerce, Suite 110
Kansas City, MO 64120
816-483-5550

Wyandotte County Clinical Facility
1333 Meadowlark Lane, Suite 200
Kansas City, KS 66102
913-596-2774



Adult Quick Care provides Urgent Care to Adults and Adolescents Age 14 and Older. No appointment is necessary at Adult Quick Care.

When you are sick or have a new injury, Adult Quick Care is your affordable, time saving choice for quality care.

To learn more about Adult Quick Care please call 816-559-6320 or visit www.adultquickcare.com.