

Sacramento Independent Hotel, Restaurant and Tavern Employees Trust Funds

DATE: August 7, 2020

TO: All Kaiser Members

FROM: The Board of Trustees of the Sacramento Independent Hotel Restaurant and Tavern Employees Trust Funds

RE: **Annual Flu Shot Reminder—Different Procedure**

Dear Member:

We are pleased to be able to inform you of a new process regarding the Annual Flu Shots.

In the past years, you and your eligible spouse and/or eligible dependents were provided with a one-day schedule and list of employers and times to make yourself available for a Flu Shot.

This year, you and your eligible spouse and/or eligible dependents will instead be able to visit a Kaiser medical facility for your flu shot at no charge (\$0 dollars) to you, your eligible spouse and/or eligible dependents. You will need to bring your Kaiser card along with an ID when you go to get your flu shot.

Kaiser provides flu shots at their medical facilities, you do not need to make an appointment to get a flu shot. You may call the flu shot facility telephone number which is 800-573-5811 and ask for the facilities information in your city/area. For example, when calling if you state “information for Sacramento”, the information will provide the specific address(es) of the flu clinic(s) in the Sacramento area along with the days/hours that the flu clinic is open and providing flu shots. Some clinics are open on Saturdays. Attached are Kaiser flyers regarding the flu shot process and the importance of obtaining a flu shot.

Please see important information below from the CDC or visit their website at:

<http://www.cdc.gov/flu/about/season/flu-season-2016-2017.htm>

What should I do during flu season?

Visit your local Kaiser clinic if you and your dependents decide to get your annual flu shot. Again, the Trust is providing this immunization at no cost to you or your covered dependents. According to medical experts, getting vaccinated is the first and most important step in protecting against this serious disease (flu also known as influenza). Vaccination efforts should continue as long as influenza viruses are circulating. (If you have any questions or concerns, consult with your physician.)

Mailing Address: P.O. Box 1306 • San Ramon, CA 94583

7180 Koll Center Parkway, Suite 200 • Pleasanton, CA 94566

Telephone (925) 398-7044 • Toll Free (877) 893-1500 • Fax (925) 462-0108

www.SIHRTBenefits.org

Who should get vaccinated?

Medical and governmental officials have stated that persons who are at least 6 months of age should get a flu vaccine this season. (If your physician has informed you not to get a flu shot for some personal reason, that is a different issue.) It's especially important for some people who fit in certain categories to get vaccinated as soon as possible, including the following:

- ❖ People who are at high risk of developing serious complications like pneumonia if they get sick with the flu, this includes:
 - People who have certain medical conditions, including asthma, diabetes, and chronic lung disease
 - People who live with or care for others who are high risk of developing the above mentioned medical conditions.
 - Pregnant Women
 - People 65 years and older

For more detailed information and frequently asked questions about the Flu, please visit:

<http://www.cdc.gov/flu/about/disease/index.htm>

If you have any questions, please contact the Administrative Office.



HEAD HOME PROTECTED.

Get the flu shot.

If you catch the flu, you could spread the virus to anyone.

Before you go, get a flu shot. It's a safe, convenient way to protect yourself and your loved ones. All at no additional cost.



For more information, visit kp.org/flu or ask a Kaiser Permanente team member.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101



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Protect yourself from the flu

The flu spreads quickly, and everyone is at risk of catching it – even healthy people. Flu symptoms like coughing and sneezing can also spread viruses to those around you. During the 2018-2019 flu season:*



35.5 million

Americans got sick with the flu



16.5 million

Americans had to see a doctor for the flu



46,000

children were hospitalized with the flu



A flu shot is the best way to protect against the flu.

Who should get a flu shot?

Everyone **6 months and older** should get a flu vaccine each year.



How does a flu shot work?

- It helps your body create antibodies to fight the flu virus.
- It takes **2 weeks** for the flu shot to start working.

Who is at high risk for flu complications?



Young children

65+

Adults 65 and older



Pregnant women



People with chronic conditions

What are flu complications?

The flu can lead to serious health problems. You could be hospitalized for:

- Pneumonia
- Respiratory failure
- Heart inflammation

For flu shot clinic locations, ask your doctor or nurse during your visit or go to kp.org/flu.

*"Estimated Influenza Illnesses, Medical visits, Hospitalizations, and Deaths in the United States – 2018-2019 influenza season," CDC.gov, 2020.

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