

Important information for OHP clients **Seasonal and H1N1 flu vaccine coverage**

Prepare for two flus this season

Each year brings a seasonal flu virus. This year, Oregon is also planning for cases of the H1N1 flu (once known as “swine flu”).

The H1N1 flu and the seasonal flu share many symptoms, such as fever, cough, sore throat, runny or stuffy nose, aches, chills and fatigue. With H1N1, some people may also experience diarrhea or vomiting.

Two flus mean two vaccines

The H1N1 and seasonal flus are different viruses and require different vaccines.

- To fully protect yourself, you will need two vaccines: One for seasonal flu, and one for the H1N1 flu.
- Some children will need two doses of each vaccine.

Both vaccines are available as a shot or a nasal spray. Certain groups should not use vaccine nasal spray (see box).

Ask your doctor about what is best for you, and whether you can get the flu vaccines at your doctor’s office.

Who can use vaccine nasal spray:

People who are generally healthy, not pregnant and between the ages of two and 49.

Who cannot use vaccine nasal spray:

Children under age two; adults aged 50 or older; pregnant women; people with chronic medical conditions; children receiving long-term aspirin therapy.

OHP coverage of flu vaccines

The Oregon Health Plan (OHP) will pay for both vaccines for all OHP clients, except for Citizen-Alien Waived Emergency Medical (CAWEM) clients and OHP clients with Medicare coverage.

How to get the vaccine

If your doctor is not providing the seasonal or H1N1 flu vaccines:

- Call 1-800-SAFENET or visit www.flucliniclocator.org to find a seasonal flu clinic near you.
- H1N1 vaccines should be available later this month. Find out where to get it by calling the Public Health Division’s Flu Hotline at 1-800-978-3040.

Certain groups should get H1N1 vaccine as soon as possible

Get H1N1 vaccine as soon as possible for:

- Anyone six months to 24 years old.
- Pregnant women.
- People caring for or living with infants under six months of age.
- People aged 25 to 64 with medical conditions such as asthma or immune deficiencies.
- Health care workers.
- Front-line law enforcement officers.

For more information about what you can do to stay healthy and help stop the flu from spreading, go to <http://flu.oregon.gov>.

Questions?

- ☎ **Fee-for-service (“open card”) clients -** Contact OHP Client Services at 1-800-273-0557.
- ☎ **DMAP Medical Plan clients -** Contact your medical plan.
- ☎ **Medicare clients -** Contact your Medicare health plan or 1-800-MEDICARE.
- ☎ **If you need this letter in a larger print size or in a different format -** Contact your OHP worker.