

Vaccinations: Prevent flu and pneumonia



Influenza (Flu)

What is the flu?

- Influenza (commonly called “the flu”) is a contagious respiratory illness caused by influenza viruses. Symptoms of the flu include fever, headache, tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Influenza is NOT the “stomach flu.”

Who can get the flu?

- Anyone can get influenza.
- Certain people are at increased risk for serious complications from the flu. This group includes people aged 65 years and older and people with chronic medical conditions. Pregnant women and children between 6 months and 23 months also are at increased risk from flu complications.
- Influenza remains among the top 10 causes of death. It causes 36,000 deaths each year, mostly among the elderly.

Preventing the flu

- Vaccination is the single best way to prevent the flu.

Who should get the flu shot?

Universal recommendations for 2010-2011 season:

- Vaccinate all persons > 6 months old
- Target population still exists and includes:
 - Pregnant women
 - Anyone \geq 50 year old
 - Adults < 50 years old with specific chronic illnesses
 - Children < 18 years old

When should you get the influenza vaccine?

- From year to year, flu viruses change, so it is important to get a flu shot every year. Getting the vaccine as soon as your provider has it available will provide protection if the flu season starts early. Influenza can occur at any time, but usually occurs from Nov – May.

Pneumococcal Pneumonia

What is pneumococcal pneumonia?

- Pneumococcal pneumonia, the most common type of pneumonia, is caused when a pneumococcus bacteria invades the lungs. Symptoms of pneumonia can include high fever, cough, chills, and trouble breathing.

Who can get pneumonia?

- Anyone can get pneumonia, all age ranges.
- Pneumococcal disease, along with influenza, kills more people in the United States each year than all other vaccine-preventable diseases combined. Pneumonia is among the top 10 causes of death. People 65 years old and older, the very young, and people with special health problems are at greater risk for coming down with pneumonia.

Preventing pneumonia

- The pneumococcal pneumonia vaccine, called PPV, protects against many cases of pneumonia.

Who should get a pneumonia shot?

- All adults 65 years old and older.
- Anyone with special health problems such as diabetes, heart and/or lung disease, kidney failure, and anyone who has a condition that lowers the body’s resistance to infection.

When should you get the pneumonia shot?

- The pneumonia shot can be given any time of the year.
- Some people will need a second vaccination five years after the first.

Medicare helps pay for vaccinations

Service	Who is covered ...	What you pay...
<p>Flu Shot – Once every year.</p> <p>Pneumonia Shot – One may be all you ever need, ask your doctor.</p>	<p>All people with Medicare Part B.</p>	<p>NO coinsurance and NO Part B deductible for flu and pneumonia shots if the doctor accepts assignment.</p>

Who is the Kansas Foundation for Medical Care, Inc. (KFMC)?

- KFMC is:
 - A private, not-for-profit business
 - The federally designated Medicare Quality Improvement Organization (QIO) in Kansas since 1972
 - Responsible for assuring and improving the quality of healthcare given to Kansans enrolled in Medicare and Medicare-contracted health maintenance organizations (HMOs)
 - Responsible for promoting the rights of Medicare beneficiaries
- For more information, call KFMC, at **1-800-432-0407**. Tools include:
 - Information about the rights of Medicare beneficiaries
 - Information about KFMC’s role in protecting those rights
 - Information regarding preventive healthcare
 - Free resource guidebooks on Medicare topics
- Call the **KFMC Help Line at 1-800-432-0407** if:
 - You need information about your Medicare rights, responsibilities, or protections
 - You want to report a Medicare beneficiary quality of care issue

What is KFMC doing to increase flu and pneumonia shots?

Increasing the number of Medicare beneficiaries who receive flu and pneumonia vaccinations is one of KFMC’s healthcare quality improvement projects. KFMC works with healthcare providers to promote patient education and interaction.



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