

**Thank you for calling Local 1262's Information Hotline. This is the latest update from President Harvey While as of Friday, October 7. This hotline – as well as other important updates and information for our members -- can also be found on our web site at [www.ufcw1262.org](http://www.ufcw1262.org).**

With the Flu Season upon us, Local 1262 urges our members to get their Annual Flu Shot **in addition to** keeping up with COVID boosters.

Influenza (flu) and COVID-19 are both contagious respiratory illnesses, however they are caused by two different viruses and thus need two different vaccines.

The Centers for Disease Control (CDC) recommends that everyone 6 months of age and older get an annual flu vaccine. The CDC is also urging all adults to stay up to date with COVID vaccines, including the new bivalent booster, which targets the original COVID strain and the two most recent Omicron subvariants.

Opinions on getting the flu vaccination and COVID booster at the same time vary and are up to the individual patient. If you are uncertain about the timing of your vaccinations, speak to your doctor.

For more information on Flu and COVID-19 vaccinations, including how to locate programs that offer them free, visit the CDC's website at [www.cdc.gov/flu/](http://www.cdc.gov/flu/)

In New Jersey you can also visit [www.nj211.org/get-flu-ready](http://www.nj211.org/get-flu-ready) and in New York [www.211nys.org](http://www.211nys.org). Or call 211 from either state to be referred to appropriate resources.

To access information in a language other than English, visit [www.powertoprotectnj.org](http://www.powertoprotectnj.org) and click on the language of your choice in the upper right-hand corner.

Many of these sites offer on-line appointment scheduling.

Members who live in New Jersey and have medical coverage can get free flu vaccinations at participating in-network pharmacies including ShopRite, Stop & Shop and Acme. In New York members with medical coverage can go to their in-network doctor's office or to a CVS Minute Clinic that participates in the Blue Cross/Blue Shield Network.

You must present your medical card – not prescription card -- to receive free flu shots.

If members have questions, they can call our Health & Welfare Office at 1-800-522-4161.

As masking and social distancing becoming less prevalent, many experts predict a particularly severe flu season this year. Stay safe and make your appointment today.

That concludes this hotline. Thank you for calling Local 1262.

*Please note that all information presented here was obtained from the CDC and 211 websites.*

**Please ask your fellow Local 1262 Brothers and Sisters to join Local 1262's texting program. Simply text UPDATES1262 to 83071.**

## Concerns At Your Workplace?

Contact your Union Representative at 1-800-562-6913 (from New Jersey)

or 1-800-526-7814 (from other states).

*FOR WEBSITE ADD: You can also listen to this message by calling Local 1262's Information Hotline at 888-438-1262.*

Insert these links on website:

<https://www.cdc.gov/flu/>

<https://www.nj211.org/get-flu-ready>

<https://powertoprotectnj.org/>

<https://www.211nys.org>