



It's Good to Get a Flu Shot During a Pandemic

It is critical employees receive a flu shot this year as co-infection with COVID-19 could be a serious complication to overcome. The City of Tulsa will offer **free flu vaccinations to active employees**. Once City Medical receives the vaccinations, more information will be made available.

Why This Year's Shot is So Important

Some early signs hint at a potentially light flu season for 2020-21. That could be in part because of measures already being taken to limit the spread of COVID-19, including social distancing, limiting crowds, wearing masks and frequent hand-washing.

COVID-19 and the flu are spread the same way. By limiting the spread of one would help stop the spread of the other.

While the flu-shot won't protect you against COVID-19, it will cut your risk of flu. If you get a flu shot and still get the flu, the vaccine will reduce the likelihood of getting severely ill from the disease. The CDC recommends getting your vaccine in September or October. The flu shot takes about two weeks to become fully effective, and you want to be protected before the season begins to ramp up.

One final recommendation the CDC has issued for flu vaccines in light of the COVID-19 pandemic: If you have a confirmed or suspected case of COVID-19, get your doctor's approval before you get the flu shot.

Tis the Season

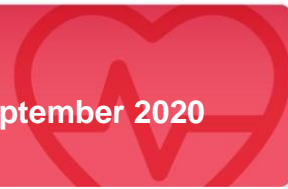
When the air is cold and dry, people are more sedentary, and the sunlight hours become less and less, the flu virus rears its head. During this period of the year, normally in winter, we see a spike in flu cases. The flu season can start as early as September, running its course through March or early April. The peak time for positive flu tests comes between December and March. Note that some people experience flu-related symptoms long before they visit the doctor. Those who are sent to the hospital have normally contracted the illness long before they were hospitalized.

Uh oh, I'm Coughing. Do I have the Flu?

The flu is different from the common cold as it usually comes on suddenly. People who are sick with the flu often feel some or all of these symptoms. Unfortunately most of these symptoms also apply to COVID-19.

- Fever or chills





- Cough
- Sore Throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Vomiting and diarrhea

If you are experiencing these symptoms, you should contact your doctor immediately. If the flu is going around your family, don't hesitate to take immediate action. During a pandemic, it is inappropriate to come into work with a respiratory illness.

Fact vs. Fiction

Try naming a friend who claims the flu vaccine gives people the flu, or one regularly doesn't get vaccinated. We bet you know someone like this because misconceptions are all too common. Knowing what's fact vs. what's fiction is key in keeping a healthier working and living environment.

Myth: Vaccinations actually give you the flu.

Fact: Flu vaccines given with a needle are made in one of two ways. Vaccines either contain flu viruses that have been 'inactivated' or you've received one that comes by using only a single gene from a flu virus to produce an immune response without causing infection.

Myth: I don't really need the flu vaccine. I never get sick.

Fact: Just because you're not sick doesn't mean you can't contract the flu. The CDC recommends a flu vaccine every year, even when the virus might have not changed from the previous season. A person's immune protection from a vaccination decreases over time.

Myth: I should get vaccinated twice in the same season for good measure.

Fact: Studies in adults have not shown any benefit from getting multiple vaccines in the same season.

Picking the Right Strain

Centers from across the world work year round to pick the right vaccine strains each year. Flu viruses are constantly changing, so the vaccine composition is reviewed each year and updated based on which influenza viruses are making the most people sick.

How It's Spread

It can take only one day for symptoms to develop, and five-to-seven days to become sick. That's why during this pandemic and flu season, it's best to steer clear of anyone who is experiencing symptoms like a respiratory illness.

Continue to use the six-foot rule as it applies to both influenza and COVID-19. If you're within six feet of someone with either the flu or COVID-19, you are close enough to contract it. Experts believe both viruses are spread by droplets expelled from the mouth or nose (sneezing, spitting, loud talking or singing). Less often, the viruses are spread by touching a contaminated surface.

A simple word of advice: Wash your hands more often!





Take Care of the Ones You Love: Review Your Beneficiaries Today

Do you have a beneficiary designated on your City of Tulsa Deferred Compensation Plan (457(b)) account at Nationwide? Updating beneficiaries is often overlooked when managing retirement accounts and yet is one of the most important. If your beneficiaries are not properly designated on your account, your hard-earned money may end up delayed and possibly not distributed the way you intended. There is an easy way to avoid this potential pitfall.

Use one of these simple ways to update your beneficiary information:

Log on to your account and select Beneficiaries at www.Tulsa457.com.

Make an appointment at <https://nationwideonphoneappts.myretirementappt.com> with your local retirement specialist Stan Clark for assistance.

Please take the time to check your account today to ensure we have your current beneficiary information on file.

If you have questions or need help, you may also call a Service Center Representative at 1-855-550-1777 Monday through Friday from 7 a.m. to 10 p.m. CT and Saturday from 8 a.m. - 5 p.m. CT.



Going Back to Class Safely During COVID-19

Sending our kids back to the classroom - whether they are in pre-k or high school – can be daunting in the COVID-19 era. Even if your children are practicing distanced learning, many school districts are still in session. Here are some of the best ways we can arm our kids for the safest experience possible.

Practice Safety in School Zones

Drop the Phone

If you're driving, drop the phone. A call or text isn't more important than someone's life. According to the [National Highway Traffic Safety Administration](#) (NHTSA), 3,166 people were killed in 2017 due to distracted driving. The NHTSA says sending or reading a text takes your eyes off the road for 5 seconds, and if you were to be going 55 miles per hour, that's like driving the length of a football field with your eyes closed. Being on your phone at any point in time can prove deadly. With more people out in school zones and residential neighborhoods, you need to do your part to ensure their safety by staying distraction-free.

Share the Road

Crosswalks and an increase in the number of vehicles create the need for an increase in safety and awareness. The speed limit in school zones is 25 miles per hour. The same goes for residential neighborhoods.

Be mindful of school buses. Never go around a school bus if the bus is stopped or has its stop sign out and lights flashing. Be watchful in neighborhoods when kids get off of the bus and start walking home. Stay at least 10 feet away from the bus, especially while kids are exiting the bus. Don't stop your vehicle in the middle of a crosswalk. And most importantly, never let your guard down.

Watch While You're Walking

It's not only cars that need to pay extra attention. If you're walking in high traffic areas, on crosswalks, or other areas near schools and neighborhoods, stay alert and stay off of your phone. Walking and texting can put you in a potentially life-threatening situation. Also remember to walk only in crosswalks and on sidewalks. Never walk in the street or cross the street where there is no crosswalk. If you're responsible for young children, hold their hand as you cross the street.

Think you are a safe driver? | Test your knowledge with this [seven question quiz](#).

If Your Child Went Back to School

Parents should not send any child who is symptomatic of illness to school. This means parents should develop a routine for quickly checking their child for fever in the morning and confirm their child does not have a cough or any other sign of illness. If a child does have a fever, the parent should not give the child fever-reducing medication and send her/him off to school, but instead be sure to keep the child home.

Bring Your Own School Supplies

Every student should have their own set of classroom supplies. The school will not be able to provide communal supplies of basics like pencils, pens, highlighters, etc. due to the need to prevent the spread of the virus.

Pack Hand Sanitizer

Kids should have a 60% or higher alcohol-based hand sanitizer, which kills most types of bacteria, viruses and fungi. Pediatricians recommend everyone having their own bottle. And it's important to practice using these items with your children before sending them off to school.

Have a supply of masks on hand

Students should have at least one or two spare masks with them daily in case their masks break or get dirty. Also practice wearing masks now so kids can build up an "endurance" to wearing a face covering for longer periods of time. Ensure that your child knows how to properly wear their mask over their nose and mouth. Explain that wearing a mask helps prevent germs from spreading to others and remind your kids that teachers, staff and other students will be following the same guidelines.

Keep home safe by establishing a back-from-school protocol

Something else to consider as students go back to school is keeping our homes as clean as possible – which includes disinfecting the kids when they get home. When children come home, they should immediately sanitize their hands and remove clothes/shoes in a designated safe space for disinfecting.

Stay positive

A parent's example is one they are exposed to more than any classroom or teacher. If your children hear you speaking optimistically about the school year they will adopt that attitude. Everyone needs to maintain a sense of flexibility and patience as students reacclimate to the new way to attend school.

Safety in School Zones

A parent's example is one they are exposed to more than any classroom or teacher. If your children hear you speaking optimistically about the school year they will adopt that attitude. Everyone needs to maintain a sense of flexibility and patience as students reacclimate to the new way to attend school.

