ACTION BRIEF
FOR EMPLOYEES

STAYING HEALTHY DURING COVID-19
SPECIAL FOCUS ON PREVENTIVE CARE AND IMMUNIZATIONS

The importance of immunizations

Most healthy people who contract COVID-19 do not become as sick as unhealthy people. Immunizations (shots) help prevent many serious illnesses, including influenza (flu).

Catch up on missed immunizations and preventive care for you and your family

(See immunization charts for adults here and for children here)

▶ Most plans cover the cost of recommended immunizations and preventive care at 100% and you will not have to pay anything

▶ Many plans offer access to a variety of locations for immunizations including doctors, pharmacies, urgent care centers, and worksite clinics

▶ State-licensed pharmacists can give immunizations for children ages 3–18 during the pandemic

Get the flu shot

▶ Getting the flu shot is very important during COVID-19 since a second wave of the virus may happen during flu season

▶ Everyone age 6 months and older should get the flu shot every year with rare exception[1]

FAST FACT

The flu shot *cannot give you the flu.* It does not contain live virus. If fever, headache, or injection site reaction happen, it is your body reacting to build antibodies that will protect you.

Schedule routine doctor visits to manage chronic conditions

▶ Talk with your doctor about getting immunizations for such things as flu, shingles and pneumococcal pneumonia to stay as healthy as possible during COVID-19

Consider all of your preventive care needs:

Immunizations

Screenings (e.g., cancer, depression/anxiety, sexually transmitted infections)

Tests (e.g., blood pressure, diabetes, cholesterol)

Behavioral intervention (e.g., tobacco cessation, substance use, weight loss)

Routine physicals and routine care for those with chronic or serious conditions

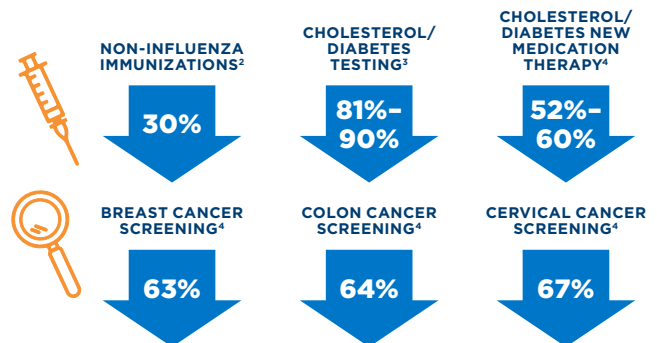**Prenatal care**

This helpful COVID-19 safety guide is available in English and Spanish. Prevention tips apply to the flu, too.
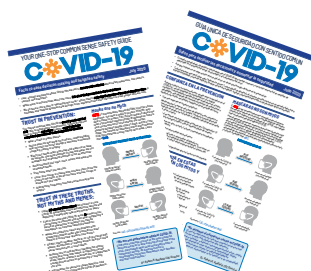
### Health care visits have fallen sharply during COVID-19

During COVID-19 it is more important than ever to make sure preventive care is up to date. It is of great concern that many people have stopped getting this care during the pandemic.

NON-INFLUENZA IMMUNIZATIONS[2]	CHOLESTEROL/ DIABETES TESTING[3]	CHOLESTEROL/ DIABETES NEW MEDICATION THERAPY[4]
30%	81%–90%	52%–60%
BREAST CANCER SCREENING[4]	COLON CANCER SCREENING[4]	CERVICAL CANCER SCREENING[4]
63%	64%	67%

According to a June 2020 report,[5] too many people with chronic health conditions are not getting needed care either.
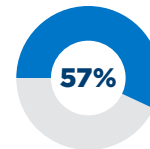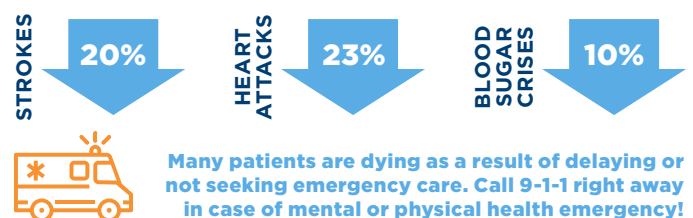
57% have delayed receiving health care services for their condition
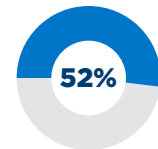
52% do not have a plan in place with their doctor to manage their condition

COVID-19 is affecting emergency care, too

And 2020 emergency department visits are way down[6]…

STROKES	HEART ATTACKS	BLOOD SUGAR CRISES
20%	23%	10%

Many patients are dying as a result of delaying or not seeking emergency care. Call 9-1-1 right away in case of mental or physical health emergency!

1 Centers for Disease Control and Prevention. Who Should and Who Shout NOT get a Flu Vaccine. Accessed September 29, 2020.

2 Filler W, Malone Y. 2019 to 2020 Decline in Administered Immunizations Across the Lifespan Due to COVID ambulatory care and public health visit reductions. VaxCare. 2020.

3 Wright, A., Salazar, A., Mirica, M. et. Al. The Invisible Epidemic: Neglected Chronic Disease Management During COVID-19. J GEN INTERN MED 35, 2816-2817 (2020).

4 Mast, Christopher, Alejandro Munoz. Delayed Cancer Screenings – a Second Look

5 Wellframe.com/Chronic-Condition-Patient-Population-Report_LP/. Accessed September 29, 2020

6 Potential Indirect Effects of the COVID-19 Pandemic on Use of Emergency Departments for Acute Lifee-Threatening Conditions – United States, January–May 2020

National Alliance of Healthcare Purchaser Coalitions

nationalalliancehealth.org

10/20