

Avery Veterans' Corner

By Mike Halus averycountyveterans@gmail.com 5 hrs ago 0

Flu Shots For Veterans

Fall means cool air, colorful leaves and cozy sweaters. But, it also means flu season. The flu can spread easily. All it takes to catch it is for someone with the sniffles to cough, laugh or sneeze within three to six feet of you. Some flu cases can become very serious, resulting in hospitalization or even death.

Which means it's a good time to get your flu vaccination.

It's important to remember that anyone can get the flu. But you are more likely to become infected if you:

- Have a weakened immune system
- Have regular, close contact with young children
- Work in a health care setting where you may be exposed to flu germs
- Live or work with someone who has the flu
- Haven't received an annual flu shot

The flu virus changes over time, so vaccinations are updated to keep up with the changes. Health care providers recommend getting the flu vaccine each fall or winter. Get a flu shot as soon as it is available so you don't spend the winter months in tissues. Vaccination is the surest way to protect against getting the flu.

Veterans who are receiving VA health care can get the flu shot at a nearby VA health care facility. Veterans can also receive their flu shot at Walgreens, and the information will be automatically added to their VA health record.

To stay current on all your VA benefits, click to <https://explore.va.gov/>.

Project 112 Compensation

Project 112/SHAD (Shipboard Hazard and Defense) is the name of the program for both shipboard and land-based biological and chemical testing conducted by the U.S. military between 1962–1973. VA will

provide physical examinations to veterans who participated in the testing. Veterans will receive medical care free of charge for conditions related to exposure.

Veterans may be eligible for disability compensation if they have a service-related disability and were discharged under other than dishonorable conditions. VA does not presume by regulation that any specific disabilities are related to participation in Project 112/SHAD. Veterans' claims are decided on a case-by-case basis.

VA presumes amyotrophic lateral sclerosis (ALS) diagnosed in all Veterans with 90 days or more continuous active military service is related to their service, although ALS is not related to Project 112/SHAD. Surviving spouses, dependent children and dependent parents of Veterans who died from health problems related to participation in Project 112/SHAD may be eligible for health care, compensation, education, and home loan benefits.

For Internet assistance, go to your local county library.

For questions concerning veteran's benefits and to obtain needed forms call Georgia Henry, Avery County Veterans Service Office, at (828) 733-8211.

Comments and suggestions on the Veterans' Corner or Disabled American Veterans can be emailed to Mike Halus at averycountyveterans@gmail.com or call (828) 260-0620.