



# Flu Season Ahead



## Who should get a flu shot and when?

Everyone six months of age and older, with rare exception,\* should get a flu shot during every flu season. For best protection, get your flu shot during September and October. Call the Customer Service number on the back of your member ID card to check your benefits.

### Who is at higher risk without a flu vaccination?

- Children younger than five years — especially those younger than two
- Adults aged 65 years and older
- Residents of nursing homes and other long-term care facilities
- Pregnant women
- People with chronic medical conditions such as diabetes, asthma or heart disease and stroke, or have a history of cancer
- Certain racial and ethnic minority groups
- People with disabilities
- People who have HIV/AIDS

### How can you help prevent the flu from spreading?

- Get a flu shot every year
- Avoid close contact with people who are sick
- If you are sick, limit contact with others
- Wash your hands often
- Cover your nose and mouth when you cough or sneeze
- Clean and disinfect surfaces and objects that may be contaminated



### What are the symptoms of flu?

- Fever, however, not everyone will have a fever
- Cough
- Sore throat or runny or stuffy nose
- Headaches, or muscle or body aches
- Fatigue (tiredness)
- Vomiting and diarrhea, in some cases

### What should I do if I think I have the flu?

- Take antiviral drugs, if a health care provider prescribes them.
- Stay home for at least 24 hours after your fever is gone, except to get medical care or other necessities.
- Call your health care provider or 24/7 Nurseline

### Do I need to go to the emergency room (ER)?

Not usually. If you are not sure if you need to go to the ER, call our 24/7 Nurseline at (800) 581-0368 or your health care provider.

### Did you know?

**2 weeks** — Time it takes after vaccination for an adult to develop disease-fighting antibodies against the flu.

**1 to 4 days** — Typical time it takes for symptoms to show up once you've caught the virus. Adults can be contagious from the day before symptoms begin through 5 to 10 days after the illness starts.

[webmd.com/cold-and-flu/flu-statistics](https://www.webmd.com/cold-and-flu/flu-statistics)

\* People with severe, life-threatening allergies to the flu vaccine or any of its ingredients should not get a flu shot.

Source: Centers for Disease Control and Prevention: About Flu [cdc.gov/flu/about/index.html](https://www.cdc.gov/flu/about/index.html)