

The flu vaccine affords the best protection against the flu for the coming season. **Vaccinated individuals are 60% less likely to need treatment for the flu by a healthcare provider.** Getting the vaccine has been shown to offer substantial other benefits including reducing illness, antibiotic use, time lost from work, hospitalizations, and deaths.

FLU SEASON IS COMING

Get Vaccinated Today!

Who should get the vaccine?

Everyone **6 MONTHS OR OLDER** should get the flu vaccine.

Especially if you or someone you live with falls into **HIGH RISK CATEGORIES:**

- ✓ Infants and children
- ✓ Pregnant women
- ✓ Seniors
- ✓ People with disabilities
- ✓ People with health conditions

When should I get the vaccine?

The sooner the better.

Flu season usually peaks in January or February, but it can occur as late as May. **EARLY IMMUNIZATION IS THE MOST EFFECTIVE**, but it is **not too late** to get the vaccine in December, January or beyond.



It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. In the meantime, you are still at risk for getting the flu.

How can I get the vaccine?

There are **TWO TYPES** of vaccine, the flu shot and the nasal spray. Both protect against the same virus.

SHOT

Made with inactivated (killed) flu virus

Given by needle



Approved for use in healthy people older than 6 months and people with chronic health conditions

SPRAY

Made with weakened live flu virus

Given with a mist sprayed in your nose



Approved for use in healthy people between the ages of 2 and 49, except pregnant women

Where can I get the vaccine?

The vaccine is available at facilities such as:



Your physician's office

Retail clinics (found in Walmart, grocery stores, pharmacies, etc.)

Visit www.provider.bcbs.com or call **888-222-9206** to find a provider near you

Vaccinations often fall under preventative benefits and are covered in full.
Check your plan to be sure.