



Flu Season Ahead

Who should get a flu shot and when?*

Everyone six months of age and older should get a flu shot every season (beginning in October through February). 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
- Adults 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

Everyone with severe, life-threatening allergies to the flu vaccine or any of its ingredients should not receive a flu shot.

How can you help prevent the flu from spreading?

- Avoid close contact with others
- Stay home when you are sick
- Cover your mouth and nose when you cough or sneeze
- Wash your hands
- Get plenty of sleep
- Clean and disinfect frequently used surfaces
- Be physically active
- Manage your stress
- Drink plenty of fluids and eat nutritious food

What are the symptoms of flu?

- Coughing
- Headache
- Chest discomfort
- Muscle aches
- High fever that lasts a few days
- Weakness and fatigue

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

- Stay home for at least 24 hours after your fever is gone.
- Call your health care provider or our 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 800-581-0393 or your health care provider.

* Centers for Disease Control and Prevention: About Flu cdc.gov/flu/about/index.html
A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association