



Flu shots

Why and where to get them



Why get the flu shot?

Getting sick is never fun. So wouldn't it be better if you could keep yourself from getting the flu in the first place? By taking one simple step and getting a flu shot, you can lower your chances of getting sick.

- **Influenza** (also called the flu) is a serious illness and it can affect people differently. Some people with the flu become much sicker than others. A yearly seasonal flu vaccine is the best way to lower your chances of catching the seasonal flu and spreading it to others.

Who should get vaccinated?

Everyone six months of age and older should get a flu vaccine every season. It's especially important for children under 18 months of age, adults over age 65 and others with low immune systems, since these people are at higher risk for developing serious problems caused by the flu.*

Where can I get a flu shot?

Contact your primary care doctor to get your flu shot. You can also get it at urgent care facilities, retail health clinics or walk-in doctors' offices in your plan. Call the number on the back of your member ID card or visit empireblue.com to find an in-network provider near you.



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Sources

* Centers for Disease Control and Prevention website: Key Facts About Seasonal Flu Vaccine (accessed April 2016): cdc.gov/flu/protect/keyfacts.htm.
Centers for Disease Control and Prevention website: CDC Says "Take 3" Actions To Fight The Flu (accessed April 2016): cdc.gov/flu/protect/preventing.htm.
Centers for Disease Control and Prevention website: Handwashing: Clean Hands Save Lives (accessed April 2016): cdc.gov/handwashing/index.html.