



Questions and Answers about the Flu and the Flu Shot

Where can I get the seasonal flu shot?

Call or visit your doctor to make an appointment to get your flu shot. You may also be able to get your flu shot at many local in-network pharmacies.

What if my doctor doesn't have any flu shots?

If you need help getting a flu shot, call the member services number on the back of your member ID card. We can help you locate where to get a flu shot.

Who should get the seasonal flu shot?

The CDC recommends that everyone 6 months of age and older get a yearly flu shot, even healthy people. It's especially important for people who are at high risk of serious complications to get the flu shot. If you're in this group, you may also want to ask about the pneumonia vaccine. These groups include:

- Adults 65 years and older. The CDC also says that people 65 years of age and older should get the new high dose flu shot. Ask your doctor if the high dose flu shot is right for you.
- Pregnant women.
- Young children under 2 years old.
- Those with specific health conditions.

People should NOT get the seasonal flu shot:

- Children under 6 months of age.
- People with severe allergies to any ingredient in the vaccine, such as: gelatin, antibiotics or other ingredients. An egg free vaccine is available for members with egg allergies.
- Talk to your doctor about if the flu vaccine is right for you.

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Does the flu shot have any side effects?

- Talk to your doctor about side effects.
- The flu shot is made from a virus that is no longer active. Therefore, no one can catch the flu from a flu shot.
- Less than one out of three people will feel sore around the shot site for one or two days.
- The flu shot may cause mild side effects like fever, body aches and pains.

What do I have to pay?

Flu shots at in-network provider offices, pharmacies and clinics are covered at 100% for most benefit plans. Check your benefit plan details or call the number on the back of your member ID card to be sure you're covered at the flu shot location you choose.

Remember to bring your member ID card when you visit network providers or pharmacies for your flu shot.

What can I do to keep from getting the flu?

Here are some tips to help you and your family from getting the flu:

- If you're feeling sick, stay home.
- Wash your hands throughout the day, especially after you've been in a public place or if you sneeze or cough.
- Avoid close contact with others and maintain a physical distance from others when you're in public spaces.
- Wear a cloth mask to cover your mouth and nose when you're around others. This helps protect others in case you may be infected.
- Clean frequently touched surfaces daily, like doorknobs, tables, countertops, phones and more.
- When coughing or sneezing, cover your mouth and nose with a tissue. It may stop those around you from getting sick.
- Keep your hands clean by washing them often with soap and warm water. This is very important.

For more information, go to [cdc.gov/flu](https://www.cdc.gov/flu)