

Protect yourself and those around you: Get your flu shot.

It's always important for you and your loved ones to get an annual flu shot and other important vaccines. It's even more critical this year as COVID-19 continues to impact our lives.



One shot a year covers you.

Getting your flu shot isn't just about keeping you healthy. It also protects vulnerable people around you, especially children and older adults. With a simple shot, you can play a key role in helping prevent flu-related hospitalizations and deaths.

Other important vaccines that help protect you and your family from serious illnesses include the shingles and pneumonia vaccine. And if you were born before 1957 and didn't get the measles vaccine, you'll need at least one dose.

So what are you waiting for?

Your Florida Blue health plan covers the cost of the flu vaccine. This means you'll pay \$0 for it. Don't wait: It takes about two weeks to start working.

Here's where to get one:

- Any doctor in your plan's network (ages 6 months and older)
- A pharmacy like Publix, Walgreens, Walmart or Winn-Dixie (ages 18 and older)

Please remember to bring your health plan ID card with you.

5 tips to avoid the flu

- 1. Keep it clean:** Wash your hands often with soap and water or use an alcohol-based sanitizer to reduce germs. Disinfect high-traffic areas at home and at work, like doorknobs and keyboards.
- 2. Keep hands away:** One way people catch germs is by touching a germy area and then touching their eyes, nose or mouth. Limit touching your face, especially while in public.
- 3. Keep your distance:** Flu viruses can be spread up to 6 feet when an infected person coughs, sneezes or even talks. Keep your distance if someone has a respiratory illness.
- 4. Keep covered:** Cover your cough or sneeze with a tissue. If you don't have one handy, cough or sneeze into your upper sleeve or elbow instead of your hands.
- 5. Keep your immune system strong:** You're more likely to get sick if you have a weak immune system. Getting enough sleep, managing stress, eating healthy foods and staying active are a few ways to keep your body strong enough to fight off infection.

Source: Centers for Disease Control and Prevention