

# THE FLU IS NOT THAT SERIOUS, OR IS IT?

If you have any of these conditions, you are at a higher risk for flu complications that could lead to hospitalizations and sometimes even death.\*

- Age 65 & Older
- Diabetes
- Pregnant
- Cancer
- HIV/AIDS

Or if you have any chronic medical problems with your:

- Brain or Nervous System
- Heart
- Immune System or Spleen
- Kidneys
- Lungs
- Liver



**The power to stop the flu starts with you!**

Take the flu seriously and get your flu shot. Getting your flu shot is your best chance to stay healthy. You pay \$0 when you get your flu shot from a Preferred in-network doctor or Preferred pharmacy.

## Important things to remember:

Call your doctor right away if you feel any of the following symptoms or you think you may have the flu.

- Fever
- Sore throat
- Body aches
- Chills
- Diarrhea or vomiting
- Shortness of breath
- Cough
- Difficulty breathing
- Headache

## Remember the flu is a virus.

That is why you need a flu shot every year. Your doctor may prescribe a medicine called an antiviral. This medicine only helps shorten the days you may be sick, but does not cure the flu. Ask your family members and caregivers to get their flu shots as well, so you all are protected. Cover your cough. Wash your hands frequently. And keep your hands away from your face to help reduce your chances of getting the flu. **So stick it to the flu! Get the flu shot and not the flu.**

\*(CDC.gov 10/30/2017)

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