THE FLU VACCINE
★ GIVE IT A ★
SHOT

Why the flu vaccine is worth a shot

By getting the flu shot you can help protect yourself and others from getting and spreading the flu.

✓ No hassle

Go to a participating local pharmacy or schedule an appointment with your doctor. Bring your Blue Cross member ID card with you.

✓ No worries

The flu shot is safe, effective and the best protection against the flu you can receive. If you have any concerns about getting a flu shot, talk to your doctor.

Here's what you need to do

- Go to **bcbsm.com/preventflu** to locate participating pharmacies or contact your primary care provider to schedule an appointment. Your office visit copayment may apply. You can also find other doctors by logging into your Blue Cross member account.

- Visit the pharmacy with your Blue Cross member ID card to get your flu shot today. While most pharmacies will accept your coverage, be sure to ask before you get your vaccine.

- Make sure you write down the date of your flu shot and let your doctor know at your next appointment so he or she can keep your immunization record up to date — and you healthy.

- **For members without Blue Cross pharmacy coverage:** Visit **bcbsm.com/preventflu** to see a list of immunizing pharmacies that provide vaccines under your medical coverage.

Ways to prevent the spread of the flu and other viruses

1. Avoid close contact with people who are sick. If you're sick, avoid others as much as possible.

2. Cover your nose and mouth when you sneeze or cough.

3. Wash your hands frequently with soap and water or alcohol-based hand sanitizer.

4. Avoid touching your eyes, nose and mouth. Germs spread this way.

5. Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.

Source: Centers for Disease Control and Prevention

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