



The Flu

Frequently Asked Questions

1. Am I really at risk for the flu?

Yes. Flu can make anyone sick, but certain people are at greater risk for serious complications from the flu. These people include older adults; young children; people with chronic lung disease (such as asthma and COPD), diabetes (types 1 and 2), heart disease, neurologic conditions, and certain other long-term health conditions; and pregnant women.

2. When should I get a flu shot?

Every year. Flu shots are usually given beginning in September, or as soon as the vaccine is available. They're offered throughout flu season, which can last until May.

3. Will the flu shot make me sick?

No! Most people don't have any problems after getting a flu shot. Its most common side effects are mild. Speak to your healthcare provider for more details. Remember, if you don't get a flu shot every year, you're much more likely to catch the flu and to develop serious health issues such as ear and sinus infections, and pneumonia.

4. Will the flu shot give me the flu?

No! Flu shots DON'T cause the flu. The flu shot is created from dead or inactive viruses that won't cause an infection. It helps your body fight against active flu viruses.

5. Do I need to get a flu shot every year?

Yes. A flu shot is only effective for a year. Also, flu viruses are constantly changing. This means that last year's shot may not protect you from this year's viruses.

6. Isn't the flu just a bad cold?

No. The flu is a breathing illness caused by influenza viruses. It can cause mild to severe illness, or even death. Colds are milder, don't last as long, and are less likely to send you to a hospital.

7. How likely am I to get the flu?

Very. It's a myth that the flu is hard to catch. It spreads easily through coughing, sneezing, or talking. You can catch it from someone sneezing six feet away, or from someone who doesn't have any flu symptoms. Without a flu shot, you risk spreading the flu to other people before even knowing you're sick.

8. Where can I get a flu shot?

Many places. It's offered at your doctor's office, local pharmacies (CVS, Walgreens, Rite Aid, etc.), urgent care centers, and the health department. To find a location offering the flu shot near you, visit **HFNoFlu.org**, contact your Care Manager, or call Member Services at **1-866-237-0997** (TTY 1-888-542-3821), Monday to Friday, 8:30am–5pm.

Are you a caregiver?

Call your loved one's doctor today to schedule their flu shot!

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