



*QualChoice makes it easy. Get your shot now, at any network pharmacy, at no out-of-pocket expense!\* Just show your QualChoice ID card.*

## Get Your Flu Shot at No Cost!

### About the Flu

Influenza (flu) is caused by a virus that can lead to a hospital visit or even death. Flu season can start as early as October and last as late as May. Symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected and have breathing problems without a fever.

An annual vaccine is the best way to avoid getting the flu and spreading it to others. You should get the vaccine as soon as it's available, if possible by October. But you can get it later. Flu most often peaks in January or after and it takes about two weeks for the vaccine to start protecting against the virus. So it's best to get the shot early, before the flu starts spreading in your area.

These vaccines are available:

- Standard injectable flu shot: no member cost-share
- High-dose flu shot, approved for people 65 and older: no member cost-share

**Note:** *The intranasal (spray) vaccine is no longer covered. Recent studies have shown that it is not effective, and is therefore unsafe.*

### Who Should Get the Shot?

Everyone 6 months of age and older should get a flu vaccine every season. Those at highest risk for flu are:

- Children younger than 5, but especially children younger than 2 years old
- Adults 65 years of age and older
- Pregnant women
- Residents of nursing homes and other long-term care facilities
- American Indians and Alaskan Natives

### Who Should Not Get the Shot?

- Children younger than 6 months
- People with severe allergies to flu vaccine or anything in the vaccine like egg, gelatin or antibiotics.

## 3 Ways to Fight the Flu

### 1. Get a yearly flu vaccine!

### 2. Take preventive action.

- Avoid close contact with sick people and while sick, limit contact with others.
- Stay home for at least 24 hours after your fever is gone.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water or an alcohol-based hand rub.
- Don't touch your eyes, nose and mouth.
- Clean and disinfect surfaces and objects that may have germs like the flu.

### 3. Take antiviral drugs if your doctor prescribes them.

- Antiviral drugs – but not antibiotics – can treat the flu.
- These drugs can make the illness milder and shorter.
- They may also prevent complications.
- Antiviral flu drugs work best when started within 2 days of getting sick. But starting them later still helps, especially if you have a high risk factor or are very sick.

**\*If your pharmacy benefit is not handled by QualChoice, this benefit may not be available to you. Call QualChoice Customer Service at 501.228.7111 or 800.235.7111 Monday – Friday, 8:00 a.m. to 5:00 p.m. to learn more about flu shots.**

Content source: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD)

