



Blue Cross Blue Shield of Michigan Community Flu Shot Toolkit





Please visit the following links for detailed information about flu shot coverage and locations to get a flu shot:

bcbsm.com/preventflu | mibluecrosscomplete.com/flu | givefluashotmi.com

Flu season is here, and this year it'll be more important to prevent the spread of the flu. The effective way to keep yourself and others healthy during the flu season is to get a flu shot. It's a smart step to keep you from spreading the virus and staying out of the hospital so medical staff can focus on those who need care the most.

Unfortunately, there's a risk that COVID-19 and the flu will spread at the same time. We encourage you to protect yourself and others by getting the flu shot.



WHAT YOU NEED TO KNOW ABOUT THE FLU SHOT.

Who should get a flu shot? The Centers for Disease Control and Prevention recommends everyone 6 months and older get an annual flu shot, but it's especially important for those in these high-risk categories:



Children younger than 5 years old, but not younger than 6 months of age



Pregnant women



Adults 65 and older should get a high-dose flu vaccine



Anyone with chronic conditions such as asthma, COPD, diabetes and heart disease



Parents and caregivers of infants and toddlers

When should I get my flu shot? Flu season typically starts in October and can go as late as May. It takes about two weeks for the flu vaccine to take effect, so it's a good idea to get the shot now to make sure you're protected.

Will the flu shot make me sick? No. The flu shot is safe and effective for most people, but check with your doctor before you get one. The vaccine is made up of non-active flu particles and won't cause you to get the flu, but will enable your body to develop the necessary antibodies to ward off flu viruses. Common side effects are redness, soreness or mild swelling at the injection site.

What should I do after I get my flu shot? If you received your flu shot at work or a participating pharmacy, let your doctor know at your next appointment so he or she can keep your immunization record up to date — and you healthy.

READY TO *GIVE IT A SHOT*? HERE'S WHAT TO DO NEXT.

There are several ways to get the flu shot. And they're free to our Blue Cross members in and out of state. See details below:



Visit a participating pharmacy with your Blue Cross member ID card. While most pharmacies will accept our members' coverage, ask before you get the vaccine.



Schedule an appointment with your primary care provider. An office visit copayment may apply.



Visit one of the many community events and clinics in Michigan offering free flu shots. Go to givefluashotmi.com for the nearest locations.

Learn more at bcbsm.com/preventflu or mibluccrosscomplete.com/flu.

WAYS TO AVOID THE FLU



Avoid close contact with people who are sick.



Wash hands for at least 20 seconds with soap and water or alcohol-based hand sanitizer.



Avoid touching your eyes, nose and mouth to prevent the spread of germs.



Clean and disinfect surfaces and objects that may be contaminated with germs such as the flu virus.



If sick with the flu, stay home to prevent spreading it to others.

Source: Centers for Disease Control and Prevention

FLU FACTS

Fact 1

Each year 200,000 Americans are hospitalized and thousands die from flu-related complications. With the continuing global pandemic, this year it's more important than ever to protect yourself and others from getting the flu.

Source: Centers for Disease Control and Prevention

Fact 2

You can't get the flu from the flu shot. It doesn't contain any strains of an active flu virus. It will help protect you and others from getting and spreading the flu.

Stay healthy — get your flu shot.

HELPFUL LINKS

- givefluashotmi.com
Get free flu shot clinic dates, times and locations that are being held in the community.
- bcbsm.com/preventflu
Learn more about coverage, necessity of the flu shot, when to get it and more.
- mibluecrosscomplete.com/flu
Blue Cross Complete members — Learn about the flu, how to prevent it and other frequently asked questions.



Other sites and resources:

- vaccinefinder.org
- cdc.gov/flu | espanol.cdc.gov/flu
- michigan.gov/flu