

Flu Shot Facts

Mr. Mrs. Ms.

AS YOUR DOCTOR, I STRONGLY SUGGEST THAT YOU

- Get a flu shot* each year if you are 6 months or older.
- Ask family and caregivers to get a flu shot.
- Ask about anti-viral drugs to treat flu illness early.

10 things to know about flu shots:

1. Flu shots do not cause the flu.
2. Side effects are small compared to how it prevents serious illness.
3. If flu vaccines do not closely match the flu virus, there is still added protection.
4. Most flu vaccines do not have mercury, although it is safe even if a vaccine has mercury. There are vaccines made without the flu virus or egg. However, vaccines made with egg are safe even with a known egg allergy. Check with your doctor if there is known egg allergy.*
5. October (just before flu season starts) is the best time to get a flu shot. However, flu shots help any time before flu season ends (April).
6. Seniors need special vaccines that give extra protection.
7. A flu shot protects a pregnant woman and her baby from very serious illness.
8. Persons with heart, lung or other diseases need a flu shot to prevent serious flu problems.
9. Check with your health plan. There is no cost or a very small cost for flu shots.
10. Many places offer flu shots. You can go to a health department, pharmacy, work, or a clinic (urgent care, school, college). Call Member Services for a list of pharmacies. The phone number is on the back of your health plan card.

(continued)

*Some people should not get a flu shot. For example, if you had a severe reaction in the past, talk to your doctor. A doctor may watch you for a short time after a flu shot. For more information, go to <https://www.cdc.gov/vaccines/vpd/should-not-vacc.html>.

For current information about the flu, visit:

<https://www.cdc.gov/flu/prevent/index.html>

