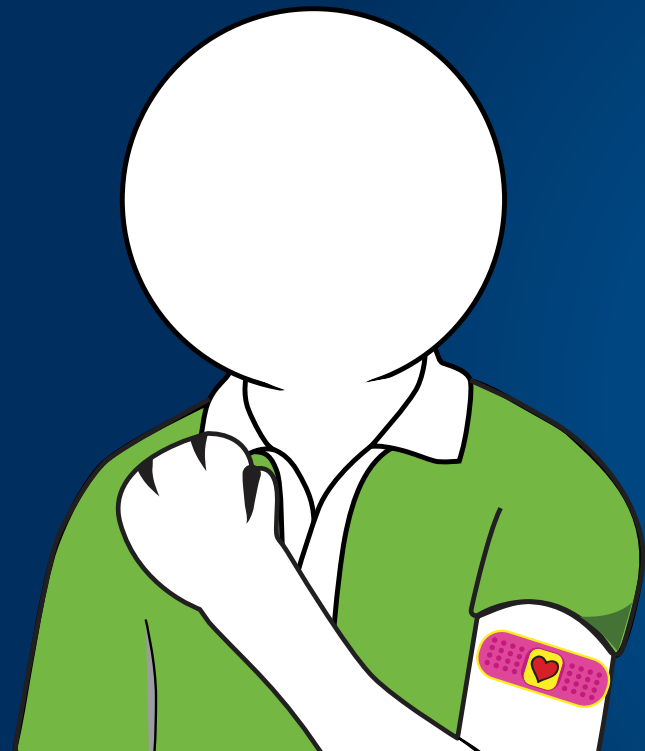


GETTING THE FLU SHOT IS THE BEST WAY TO PREVENT THE FLU!

FLU SHOT: WHAT YOU SHOULD KNOW



Destination >>> Health



What is the flu?

The flu is a virus that strikes millions each year. It causes mild to severe illness and, in some cases, can even lead to death.

For some, the flu can make chronic health problems like heart disease, asthma, or diabetes worse. It can also lead to:

- Pneumonia
- Ear and sinus infections
- Bronchitis



Myths and facts about the flu shot

♥ **Myth:** You can catch the flu from the shot.
Fact: The flu shot is made from an inactive virus that cannot give you the flu. If you get sick after getting the shot, you likely caught a virus before getting vaccinated.

♥ **Myth:** Healthy people don't need to be vaccinated.
Fact: Even healthy people should get the flu shot. That way they do not spread the flu to people around them who may have more fragile health, such as infants, older family members, or loved ones with chronic health problems.

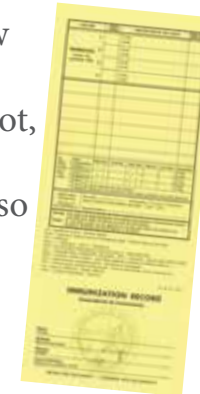
♥ **Myth:** You don't need to get a flu shot every year.
Fact: You should get a flu shot every year. Each year the flu virus changes, so each year the flu shot changes to protect you against the flu strains most likely to get you sick.

Who should get the flu shot and when?



All people 6 months old and older, including pregnant women and people with chronic health problems, should get the flu shot. You should get the flu shot each year before or during flu season.

Ask your Doctor for the yellow Immunization Record Card to record that you got your flu shot, and bring it with you to each future Doctor visit! You can also see your immunization records on IEHP's Secure Member Portal.



Talk to your Doctor before getting the flu shot if you feel ill, have allergies to the ingredients, or have ever had Guillain-Barre Syndrome.

Where can I get a flu shot?

All IEHP Members can get a FREE flu shot! You can get one at:

- Your Doctor's office
- Large pharmacy chains
- Health Clinics



Ask your Doctor about getting the flu shot. And if you get the shot somewhere other than your Doctor's office, be sure to let your Doctor know so it can be noted in your record.

To learn more about the flu and the flu shot, visit www.iehp.org and search "Flu."

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www.iehp.org

To sign up, call: IEHP Member Services 1-800-440-4347 | 1-800-718-4347 for TTY users | Monday – Friday | 8 a.m. – 5 p.m.

