

STAY CLEAR OF THE FLU!

How to prevent seasonal flu by getting vaccinated

The best way to protect yourself and your loved ones against the (flu) is to get vaccinated every flu season. The flu is a potential serious disease that can lead to complications like pneumonia, ear infections, and worsening of chronic medical conditions¹. The flu vaccine can help you by:

- Causing antibodies to develop in the body about two weeks after vaccination, these antibodies provide protection against the flu. ²
- Reduces your risk of getting the flu and developing serious complications.

Who should get vaccinated?

A yearly flu shot is recommended for everyone 6 months and older, even if you are considered healthy.

It is very important for people who are at high risk of serious complications and/or have chronic diseases like:

- Adults 65 years and older
- Adults with Chronic Health Conditions (Asthma, Heart Disease & Stroke, Diabetes, Chronic Kidney Disease)
- Pregnant women³

When is the best time to get Vaccinated?

September and October are generally good times to get vaccinated against the flu⁴.

Common misconceptions about the flu vaccine

- **A flu vaccine can give you flu-** No, a flu vaccine cannot cause flu illness.
- **It is better to get sick with flu than get a flu vaccine-**No. Flu can be a serious disease with many complications specially in older adults and/or adults with chronic diseases like Asthma, heart disease or diabetes.

¹ Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD). Key facts about Seasonal Flu Vaccine. <https://www.cdc.gov/flu/prevent/keyfacts.htm#> . August 25, 2022

²Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD) <https://www.cdc.gov/flu/prevent/keyfacts.htm>. August 25, 2022

³ Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD).Who should and who should not get a flu vaccine. <https://www.cdc.gov/flu/prevent/whoshouldvax.htm>

⁴ Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD). Key facts about Seasonal Flu Vaccine. <https://www.cdc.gov/flu/prevent/keyfacts.htm#> August 25, 2022



- **I don't need the flu vaccine every year-** Yes. CDC recommends a yearly Flu vaccine for everyone 6 months of age and older with rare exception.
- **People don't feel well after getting a seasonal flu vaccine.** Not everyone has the same symptoms, some people may report mild side effects after flu vaccination, and others might not feel any side effects.⁵

Stay clear of the flu by getting a flu shot at no cost to you!

Clear Spring Health plan covers the flu vaccine once every flu Season; this means you may get a flu vaccine at no extra cost to you. If additional flu vaccine is needed an authorization may be required. Please work with your provider and the Plan's Utilization Management team.

You may talk with your Primary Care Physician, go to a nearby clinic, go to a Pharmacy or call us at 844-895-9047 if you need assistance in finding a place that offers the flu vaccine.

⁵ Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD). Misconceptions about Flu Vaccines <https://www.cdc.gov/flu/prevent/misconceptions.htm>. August 25, 2022