

# No flu for me this year

## Protect yourself from seasonal flu viruses



The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccination for everyone 6 months of age and over as the first and most important step in protecting against the flu.

### How is the flu spread?

Flu viruses are spread mainly from person to person through coughing or sneezing. Sometimes people may become infected by touching a contaminated surface or object—like a doorknob or light switch—and then touching their mouth or nose. People infected with the flu may infect others at any time, between one day before they start feeling symptoms to five to seven days afterward, or even longer in some cases.

### What can I do to protect myself from getting sick?

- The CDC recommends a yearly flu vaccine as the most important step in protecting against flu viruses.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands with soap and water, especially after you cough or sneeze. Hand sanitizer that contains at least 60% alcohol can be used if soap and water are not available.

- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with a flu-like illness, the CDC recommends you stay home for at least 24 hours after your fever is gone (without the use of fever-reducing medicine), except to get medical care or for other necessities.
- Stay informed about the latest flu and vaccine news. Go to the CDC website, ([cdc.gov](https://www.cdc.gov)) or the U.S. Department of Health & Human Services website ([flu.gov](https://www.flu.gov)) for the most current facts and recommendations. You can also call 1-800-CDC-INFO for information.



## Where should I go for a flu shot?

How and where people get a flu vaccine this year may change due to the COVID-19 pandemic. Some settings that usually provide the flu vaccine may not offer vaccination this upcoming season due to the challenges of maintaining social distancing.

Contact your primary care provider regarding how and when to get a flu shot. Additionally, you can search on the HealthChoice Benefits mobile app or at **HealthChoiceOK.com** to find a network provider and schedule your flu shot.

## Have questions or need help?

For questions or assistance finding a doctor, call the HealthChoice Care Management team at 888-750-3232. The team consists of registered nurses, pharmacists and doctors available, at no cost, to assist and supplement your doctor's care. For more information, visit **hccarecoordination.com**.

You can also text us through the HealthChoice Benefits mobile app!



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