

# Get a flu shot. Fight the flu.



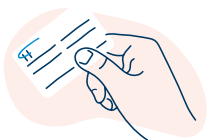
**A flu shot is your first line of defense against the flu. It helps protect you from the virus and slows the spread of symptoms to others.**

**It is recommended that everyone over the age of 6 months old receive a flu shot.**

Flu shots have a very good safety record, and you cannot get the flu from the vaccine.

**The flu shot is especially important for:**

- Children, especially those under 5. Children are twice as likely than adults to get the flu.
- Adults 65 and older. Consider asking for the higher dose of the vaccine.
- Pregnant women.
- Health care workers.
- Those with health conditions, such as asthma, diabetes, or heart disease.
- People who live with, or care for, the individuals mentioned above.



**Talk to your doctor about scheduling flu shots for you and your family.**

If you have questions, reach out to Member Service. Their number is on the back of your insurance card.



Because Life.™

Source: Centers for Disease Control and Prevention



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