

You have the power to protect yourself!

Staying up to date on regular vaccinations, like the flu shot, is one of the most important ways to help protect you and your family this season.



Get your vaccines

The CDC strongly recommends having both the flu and COVID-19 vaccines to protect yourself and others. And now you can get both vaccines at the same time. Ask your provider or pharmacist about which vaccines are right for you and your family.

Don't miss out

The flu can make you very sick for days or weeks, potentially landing you in the hospital or causing you to miss work or important life events. Flu symptoms are similar to COVID-19 symptoms and you may need to quarantine until the flu can be confirmed.

No extra cost

Most Florida Blue members can get a flu shot at no extra cost at an in-network doctor or pharmacy.

5 tips to avoid the flu

- 1. Keep it clean:** Wash your hands often with soap and water or use an alcohol-based sanitizer to reduce germs. Disinfect high-traffic areas at home and at work, like doorknobs and keyboards.
- 2. Keep hands away:** One way people catch germs is by touching a germy area and then touching their eyes, nose or mouth. Limit touching your face, especially while in public.
- 3. Keep your distance:** Flu viruses can be spread up to 6 feet when an infected person coughs, sneezes or even talks. Keep your distance if someone has a respiratory illness.
- 4. Keep covered:** Cover your cough or sneeze with a tissue. If you don't have one handy, cough or sneeze into your upper sleeve or elbow instead of your hands.
- 5. Keep your immune system strong:** You're more likely to get sick if you have a weak immune system. Getting enough sleep, managing stress, eating healthy foods and staying active are a few ways to keep your body strong enough to fight off infection.

Source: Centers for Disease Control and Prevention

Florida Blue Center nurses can answer your flu and COVID-19 vaccine questions. Call (877) 352-5830 to talk with a nurse at a center near you. Or visit the BlueAnswers section of floridablue.com.

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