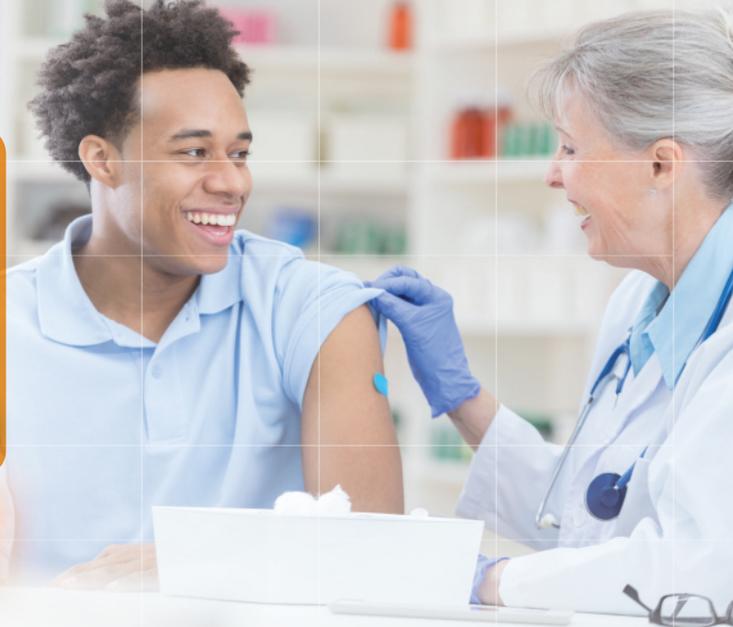# Fighting the flu

Learn how to protect yourself

Why get the flu shot?

Keep yourself from getting the flu by taking one simple step and getting a flu shot; that way you can lower your chances of getting sick.

- **Influenza** (also called the flu) is a serious illness and it can affect people differently. Some people with the flu become much sicker than others. A yearly seasonal flu vaccine is the best way to lower your chances of catching the seasonal flu and spreading it to others.[1]

Who should get vaccinated?

Everyone six months of age and older should get a flu vaccine every season. It's especially important for children under 18 months of age, adults over age 65 and others with low immune systems, since these people are at higher risk for developing serious problems caused by the flu.[1]

Where can I get a flu shot?

The flu shot is covered under your preventive care benefits at 100% when you go to a health professional in your plan. Contact your primary care doctor to get your flu shot. You can also get it at urgent care facilities, retail health clinics, many pharmacies or walk-in doctors' offices in your plan.

Get your flu shot

Call the number on your member ID card or visit **anthem.com** to find a health professional in your plan near you.

Anthem
And Its Affiliate HealthKeepers, Inc.

Sources
1 Centers for Disease Control and Prevention website: *Key Facts About Seasonal Flu Vaccine* (accessed October 2017): cdc.gov/flu/protect/keyfacts.htm.
2 Centers for Disease Control and Prevention website: *CDC Says "Take 3" Actions To Fight The Flu* (accessed October 2017): cdc.gov/flu/protect/preventing.htm.
3 Centers for Disease Control and Prevention website: *Pneumonia Can Be Prevented—Vaccines Can Help* (accessed October 2017):cdc.gov/features/pneumonia/index.html.

Think you might have the flu?[2]

Flu symptoms. Flu and cold symptoms are similar, but the flu often comes suddenly. Flu symptoms can include some or all of these: fever or feeling chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, feeling tired and worn out, vomiting and diarrhea (more common in children than adults).

If you have flu-like symptoms, call your doctor right away.

Treatment. Usually doctors use antiviral drugs to treat the flu. Antibiotics don't work because the flu is a viral infection. You need a prescription from your doctor for antiviral drugs, so see your doctor as soon as you can. It's best to go to your doctor within 48 hours after the start of flu-like symptoms.

Not everyone with the flu needs treatment. Most people get better after a few days, but others at high risk for complications should get care right away. Your doctor can tell you what's best for you.

Where to go if you think you have the flu

See your doctor to find out if you need antiviral drugs. You can also call the 24/7 NurseLine if you're not sure what to do or where to go. The number is on your ID card.

You may also get care at an urgent care facility, retail health clinic, Livehealth Online or walk-in doctor's office in your plan. To find one near you, visit **anthem.com**.