

Protect yourself and those around you: Get your flu shot.

It's always important for you and your loved ones to get an annual flu shot. It's even more critical this year as COVID-19 continues to impact our lives.



Florida Blue 
In the pursuit of health®

One shot a year covers you.

Getting your flu shot isn't just about keeping you healthy. It also protects vulnerable people around you, especially children and older adults. With a simple shot, you can play a key role in helping prevent flu-related hospitalizations and deaths.

So what are you waiting for?

Your Florida Blue health plan covers the cost of the flu vaccine. This means you'll pay \$0 for it. Don't wait: It takes about two weeks to start working.

Here's where to get one:

- Any doctor in your plan's network (ages 6 months and older)
- A pharmacy like Publix, Walgreens, Walmart or Winn-Dixie (ages 18 and older)

Please remember to bring your health plan ID card with you.

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

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