Are you ready for flu season?

Everyone 6 months of age and older can get a flu shot.

Influenza, or the flu, is a serious illness that can spread easily from one person to another and cause body aches, fever, cough and other symptoms.

Who should get the flu shot?

- **Everyone** who is 6 months of age or older.
- Pregnant women.
- Seniors.
- People with health conditions.
- People with disabilities.
- Travelers and people living abroad.

If you're pregnant, a flu shot protects your baby before and after birth up to 6 months.

What you need to know.

$0 The flu vaccine is covered at no additional cost for UnitedHealthcare Community Plan members.

Flu season is often **from October to May,*** so get the vaccine as soon as it is available in your area.
*The timing of flu season can change from year to year. Ask your Primary Care Provider when you should get a flu shot.

Some people get mild reactions like **soreness, headaches and fever** after the flu shot.

Questions about your health plan? Call Member Services at **1-866-675-1607, TTY 711.** Monday – Friday, 7 a.m. – 7 p.m.
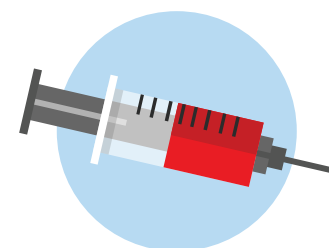
Health-related questions? Call NurseLine℠ at **1-877-440-9407, TTY 711.**

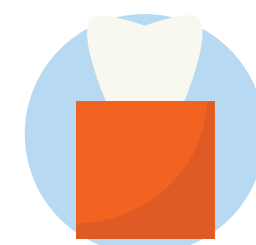**myuhc.com/CommunityPlan**

How can you prevent the flu?

Get a **flu shot.**

Always **wash your hands.** It helps keep you from getting sick. Or getting others sick, if you are.

If you do get the flu, **stay home** from work or school. Get the rest you need and avoid getting others sick.

Cover your mouth and nose when you cough or sneeze, using a tissue or your arm. Not your hands.

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