

# Flu prevention starts with you

Keep your community healthy with a flu shot



When it comes to the flu, there's no better way to defend yourself, your family, and your community than by getting a flu shot.

## The benefits of the flu shot

Each year, millions of people — around 8% of the U.S. population — become sick with the flu.<sup>1</sup> The flu shot can help:

- **Keep you healthy.** In recent years, the flu shot has helped prevent:<sup>2</sup>
  - 7.5 million illnesses.
  - 3.7 million medical visits.
  - 105,000 hospitalizations.
  - 6,300 deaths.
- **Prevent complications in people with chronic conditions.** The flu vaccine can reduce hospitalizations for people with diabetes and chronic lung conditions, and help lower the rate of cardiac events.<sup>2</sup>
- **Reduce how sick you become.** A flu shot can decrease your risk of getting the flu by as much as 60%, and will help reduce the severity of the virus if you do become ill.<sup>2</sup>
- **Protect the people around you,** including those who are at a higher risk for illness, such as babies, young children, older adults, and those with chronic health conditions.

## Prevention<sup>3</sup>

While a flu shot is the best prevention against the flu, here are additional tips for staying healthy during flu season:

- Clean shared, high-touch surfaces. Wipe down items such as telephones, keyboards, steering wheels, and doorknobs often.
- Avoid close contact with those who are sick. If you are sick, be sure to limit your contact with others.
- Wash your hands often with soap and water and use a tissue to cover your sneeze or cough when possible.
- Avoid touching your eyes, nose, and mouth. This is the easiest way for germs to spread.

## Be protected this flu season

Visit our website at [anthem.com](https://www.anthem.com) to find a doctor or pharmacy near you that offers the flu shot. Then, call ahead or visit their website for details



<sup>1</sup> Centers for Disease Control and Prevention: *Key facts about influenza (flu)* (September 13, 2019): [cdc.gov](https://www.cdc.gov).  
<sup>2</sup> Centers for Disease Control and Prevention: *Misconceptions about seasonal flu and flu vaccines* (June 1, 2021): [cdc.gov](https://www.cdc.gov).  
<sup>3</sup> Centers for Disease Control and Prevention: *Preventive Steps* (June 8, 2021): [cdc.gov](https://www.cdc.gov).

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# Start out strong.

## Protect yourself with a flu shot.

It's that time of year again. If you've ever had the flu, you know how sick it can make you feel. The good news is that the best way to prevent the flu is to get a flu shot. This can help protect you and those around you all throughout the season.

### Who needs the flu shot?

Everyone ages 6 months and older should get the flu shot unless it's not recommended by a doctor. It's especially important for those who have a higher chance of getting the flu, including:<sup>1</sup>

- Pregnant women
- Children under the age of 5
- Adults ages 65 and older
- Anyone with a health condition, such as asthma or diabetes, or a weak immune system

\*Aetna Whole Health<sup>SM</sup> members should go through their primary care doctor for the flu vaccine.

\*\*Flu shots available when MinuteClinic health care provider is on duty. Age restrictions apply.

\*\*\*For a complete list of other participating providers, log in to your member site at **Aetna.com** and use our provider search tool.

<sup>1</sup>Centers for Disease Control and Prevention. **People at high risk for flu complications**. August 27, 2018. Accessed September 10, 2019.

### Get your flu shot today.\*



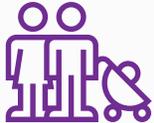
Log in to your member website at **Aetna.com** to find a network provider.



Walk in or schedule a flu shot\*\* at **MinuteClinic**<sup>®</sup> at select CVS Pharmacy<sup>®</sup> and Target<sup>®</sup> locations.\*\*\*

# Who else can you protect by getting a flu shot?

The people you see daily could have a higher chance of getting the flu, but you may not know it.



**Your friendly neighbors**  
*who have a baby at home*



**The passengers on your bus**  
*who are 65 and older*



You



**Your favorite coffee shop employee**  
*who has type 1 diabetes*



**Your coworker who is pregnant**  
*but not showing*



**Give yourself the best shot at good health. *Get your flu shot today.***

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# The flu is serious. Protect yourself and everyone around you.

Every year, millions of people get the flu. Hundreds of thousands of people get so sick, they wind up in the hospital.\* Why risk it?

# #1

**The flu shot is your best defense against getting and spreading the flu.**



## Protect yourself and others

The flu spreads easily, but the flu shot will help protect you. And if you don't get the flu, you can't spread it to others.



**No.** The flu shot doesn't contain a live virus. However, it can take up to 2 weeks for your body to be fully protected.



## Who should get the flu shot?

Everybody 6 months and older – especially pregnant women and anyone caring for infants.

## Once a year, every year

Flu viruses change each year, and so does the vaccine. Get your flu shot every year to reduce your risk.



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## You don't have to pay

Kaiser Permanente members can get a no-cost flu shot at all of our locations. Many even have walk-in flu shot clinics.

\*Centers for Disease Control and Prevention

**Get your flu shot today!**

To find a flu shot location, visit [kp.org/flu](http://kp.org/flu)

 **KAISER PERMANENTE®**

# Protect Yourself, Protect Others. Get Your Flu Shot.



## OPTIMA HEALTH MEMBERS MAY VISIT THE FOLLOWING LOCATIONS TO RECEIVE A FLU SHOT

### YOUR PHYSICIAN'S OFFICE

Check with your physician to see if he or she offers the flu vaccine. A physician office copayment may apply if you receive the flu vaccine during a scheduled office visit.

Each year the flu virus may be different, so it is important to get a flu shot every year.

### YOUR LOCAL PHARMACY

There is no copayment, coinsurance, or deductible for members that receive a covered flu vaccine from a participating pharmacy (age restrictions may apply). Please contact your local pharmacy to verify participation.

**If you need assistance finding a location to receive a flu vaccine, contact Optima Health member services at the number listed on the back of your member ID card.**

## 2021–2022 INFLUENZA SEASON

Optima Health covers the flu vaccine for members with medical and/or pharmacy benefits. We will cover the flu vaccine under your preventive care benefit at 100% for the 2021–2022 influenza season.

For the 2021–2022 influenza season, Optima Health will cover Trivalent and Quadrivalent influenza vaccines. The Adjuvant influenza vaccine is covered for members age 65 and older.

The seasonal flu and COVID-19 are both contagious respiratory illnesses with similar symptoms, but they are caused by different viruses. Optima Health recommends that you protect yourself from these viruses. The CDC recently announced that it is acceptable for you to be given the flu vaccine and COVID-19 vaccine at the same time. The COVID-19 vaccine is also covered by Optima Health and free for members.

*Fluzone® high-dose and FluMist® influenza vaccines are not covered for all ages. Adjuvant influenza vaccines are not covered for members age 64 and younger. Please see your doctor, physician, or pharmacy for information on receiving the flu vaccine.*

Source: "Frequently Asked Influenza (Flu) Questions: 2021-2022 Season." Centers for Disease Control and Prevention, [www.cdc.gov/flu/season/faq-flu-season-2021-2022.htm](http://www.cdc.gov/flu/season/faq-flu-season-2021-2022.htm)

For more information, visit  
[optimahealth.com/flu](http://optimahealth.com/flu)

OptimaHealth 

# On-site flu shot clinic

Get your no-cost flu vaccine and help protect yourself from the flu



## Join us at our flu clinic

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Please bring your employee ID and Anthem member ID card with you. Your health plan covers the flu vaccine at 100%.

Millions of Americans come down with the flu each year. Some cases are mild, others are very serious or even deadly. There's no better way to help protect yourself and those around you than by getting a flu shot.

The flu shot is safe and effective. During the 2019–2020 flu season, **the vaccine helped prevent:**\*

- 7.5 million illnesses
- 3.7 million medical visits
- 105,000 hospitalizations

## Reserve your spot today

Contact: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Sign up online at \_\_\_\_\_



\* Centers for Disease Control and Prevention: Misconceptions about seasonal flu and flu vaccines (accessed July 2021): [cdc.gov/flu/prevent/misconceptions.htm](https://www.cdc.gov/flu/prevent/misconceptions.htm).

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## 3 ways to stay healthy this season

This year, we need to take extra steps to fend off the flu and stay safe from COVID-19. Protect yourself and the people you care about with these simple tips.

### Get vaccinated

Vaccines make everyday moments safer. Fight off the yearly flu virus with a flu shot at no cost. Still need your COVID-19 vaccine? It's safe to get both the flu shot and COVID-19 vaccine at the same time.

### Protect yourself with healthy habits

Simple things that support overall health can also help you stay healthy. Wear a mask in indoor public places. Wash your hands often, and keep hand sanitizer handy. Make sure to get enough sleep, eat lots of fruits and veggies, and drink plenty of water.

### Learn to recognize common symptoms

Flu, COVID-19, and the common cold share some of the same symptoms. If you're not feeling well, visit [kp.org/flu](https://kp.org/flu) to learn what your symptoms may mean and get tips to make yourself feel better.

Visit [kp.org/flu](https://kp.org/flu) and [kp.org/covidvaccine](https://kp.org/covidvaccine) to learn more.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 SW 27th St., Renton, WA 98057



# Cold, flu, or COVID-19: Know the symptoms

Signs and symptoms	Cold	Flu	COVID-19
Symptom onset	Gradual	Sudden	2-14 days
Muscle and body aches	Slight	Common	Sometimes
Cough	Sometimes	Common	Common
Diarrhea	Rare	Sometimes	Sometimes
Fatigue, weakness	Sometimes	Common	Common
Fever over 100 degrees	Rare	Common	Common
Loss of taste or smell	Never	Never	Sometimes
Shortness of breath or difficulty breathing	Rare	Common	Common
Runny or stuffy nose	Common	Common	Rare
Sneezing	Common	Sometimes	Rare
Sore throat	Common	Common	Common
Headache	Rare	Common	Sometimes



Learn more about COVID-19 at [kp.org/coronavirus](https://kp.org/coronavirus). Visit [kp.org/flu](https://kp.org/flu) for information on flu symptoms and care and to find a flu shot location near you.

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# The flu vaccine: myths vs. facts



A yearly influenza (flu) vaccine is the best way to protect yourself against the flu. However, common myths about the vaccine can make people hesitant about being vaccinated, so it's important to lay out the facts.

**Get a flu shot — it's covered  
by your plan at 100%**

Protect yourself and your family.  
Go to [my-flu-shot.com](https://my-flu-shot.com) to find a flu shot  
location near you.

**Myth: I can catch the flu from a flu shot.**

**Fact:** Flu vaccines do not make you sick with the flu. Flu shots use inactivated (dead) flu viruses. Nasal spray flu vaccines use live viruses that are weakened. These safe and effective flu vaccines do not cause illness. Your immune system responds to these vaccines by developing antibodies to protect you against a flu infection.

**Myth: Handwashing and masks are enough to avoid the flu.**

**Fact:** Practicing good hygiene, wearing masks, and social distancing all help to control the spread of COVID-19 as well as the flu, but the most effective protection against the flu is the flu vaccine. It helps prevent infection from the virus, lowers the severity of symptoms in case of infection, and reduces the number of flu-related doctor's visits each year.

**Myth: The COVID-19 shot can protect me from the flu.**

**Fact:** The COVID-19 vaccine protects you from a coronavirus, which is different from a flu virus. Even though the symptoms for both infections are similar, only the flu vaccine has been proven to protect against the flu. If you haven't received a COVID-19 vaccine yet, go to [vaccines.gov](https://vaccines.gov) to find a location near you.



**Myth: It isn't safe to receive both the flu vaccine and the COVID-19 vaccine.**

**Fact:** According to the Centers for Disease Control and Prevention (CDC), there is no interaction between these two vaccines. You don't have to wait between vaccinations and can receive both the flu vaccine and the COVID-19 vaccine at the same time.

**Myth: The flu vaccine is not effective.**

**Fact:** While the effectiveness of the flu vaccine can vary each season, it is on average about 40% to 60% effective in reducing the risk of infection in the overall population. During the 2019-2020 flu season, flu vaccination prevented an estimated 7.5 million flu cases, 3.7 million flu-related medical visits, and more than 100,000 hospitalizations.

**Myth: I don't need to receive a flu vaccine again because I've already received one in the past.**

**Fact:** It is important to receive a flu vaccine every year because the flu virus constantly changes. The flu vaccine is updated each year to target the most common virus strains for the upcoming flu season.

**Myth: The flu shot causes severe side effects.**

**Fact:** While it is true that you could experience side effects, they are typically mild. Soreness, low-grade fever, and headache are among the possible side effects after vaccination. It doesn't mean you have the flu. It means your body is responding to the vaccine by making antibodies. These symptoms are much less severe than symptoms of an actual flu and should go away after about two days.

**Myth: If I'm vaccinated, my child does not need a flu shot.**

**Fact:** Being vaccinated helps prevent you from getting the flu, but it doesn't protect your child. It is possible for your child to pick up the flu virus from other people who may or may not be vaccinated.

**Go to [my-flu-shot.com](https://my-flu-shot.com) to find a flu vaccination site near you.**

Sources:  
Centers for Disease Control and Prevention website: [cdc.gov](https://www.cdc.gov).  
Reuters website: [reuters.com](https://www.reuters.com).  
UCSF Health website: [ucsfhealth.org](https://www.ucsfhealth.org).

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