

the flu and you

Did You Know?

Millions of people get sick from influenza (flu) each year. The flu is easy to spread and can be very serious! Check out the following tips to protect yourself.

Actions to Fight the Flu



Get Vaccinated

Recommended each year for anyone 6 months and older



Take Antiviral Drugs

(if approved by your provider)



Take Steps to Stop the Flu from Spreading

- Cover coughs and sneezes, or wear a mask
- Wash hands often with soap and water
- Disinfect objects that may be contaminated
- Stay home from work or school if you are ill
- Avoid touching your eyes, nose, and mouth

Facts About the Flu Shot

- ✓ **You can't get the flu from the vaccine**
- ✓ **The vaccine is safe for babies and pregnant women.** It is recommended for anyone 6 months and older
- ✓ **The flu can't be treated with antibiotics**
- ✓ **Antibiotics only kill bacteria.** The flu is caused by a virus
- ✓ **You should get the vaccine every year.** This will reduce the risk of getting the flu
- ✓ **The flu can be serious.** It can be especially harmful to young children, the elderly and people with other health concerns

When Should I Get My Flu Shot?



January to March is peak flu season. It can last until May. The Centers for Disease Control and Prevention (CDC) recommends getting vaccinated every fall/winter.

Need help setting up an appointment with your provider?

Call Meridian Medicaid Plan Member Services at **866-606-3700** (TTY: **711**), Monday through Friday, 8 a.m. to 5 p.m.



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Español (Spanish): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **866-606-3700** (TTY: **711**).

Polski (Polish): UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **866-606-3700** (TTY: **711**).