



# Take a shot

## Gear up for flu season

It always starts the same. You're going about your day, and all of sudden you start to feel achy and sick. If you've ever had the flu, you know how bad it can be. The good news is that a simple flu shot can protect you and your loved ones from getting the seasonal flu.

### Who needs the flu shot?

All adults and every child six months of age and older need a flu shot every year. Why? The flu virus is always changing. If you got a flu shot last year, it won't protect you this year.

### When is flu season?

Flu season occurs in the fall and winter. It usually peaks in January or February, but it can occur as early as October and as late as May.

### Brush up on your flu facts

It's important to know that:

- You can't get the flu from the flu shot
- The flu virus spreads from people with the flu to the nose or throat of nearby people
- You can get the flu shot at the same time you get other vaccines
- You can protect yourself and others with a flu shot each year

### Take action against the flu

The single best way to prevent the flu is to get a flu shot. Simply make an appointment with your network doctor. Or you can visit one of our network flu shot providers.

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