



FLU SEASON AHEAD

GET YOUR FLU SHOT—SOON!

The Centers for Disease Control and Prevention recommends that you get your flu shot in September or October this year. It takes about two weeks for the shot to start protecting you, so don't wait until the middle of flu season to get your shot.

Who is at higher risk for getting the flu?

- Children younger than 5
- Adults 65 and older
- Residents of nursing homes and long-term care facilities
- Pregnant women
- People with chronic medical conditions such as diabetes, asthma or heart disease

Anyone with severe, life-threatening allergies to the flu vaccine or any of its ingredients should not get a flu shot.

What can I do to keep from spreading the flu?

- Avoid close contact with others
- Stay home when you are sick
- Cover your mouth and nose when you cough or sneeze
- Wash your hands
- Get plenty of sleep
- Clean and disinfect frequently used surfaces
- Drink plenty of fluids

What are the symptoms of flu?

- Coughing
- Headache
- Chest discomfort
- Muscle aches
- High fever that lasts a few days
- Weakness and fatigue

What should I do if I think I have the flu?

- Stay home for at least 24 hours after your fever is gone
- Call your health care provider or the 24/7 Nurseline

Do I need to go to the emergency room (ER)?

Not usually. If you are not sure if you need to go to the ER, call the 24/7 Nurseline at **(800) 581-0393** or your health care provider.

Where can I get a flu shot?

If you need help finding an in-network provider to get a flu shot, call a Blue Cross and Blue Shield of Texas Personal Health Assistant toll-free at **(800) 252-8039**, Monday-Friday 7 a.m.-7 p.m. and Saturday 7 a.m.-3 p.m. CT.



BlueCross BlueShield of Texas

* Centers for Disease Control and Prevention: About Flu [cdc.gov/flu/about/index.html](https://www.cdc.gov/flu/about/index.html)
Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas* and Consumer Directed HealthSelectSM.

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

754183.0820