

Don't let the flu get you!

RECOMMENDATIONS FOR FLU SEASON



The best way to protect you and your family from the flu is to get vaccinated. Stay healthy this season and get your annual flu shot!



Everyone 6 months and older should get a yearly flu shot*



One shot protects you against several flu viruses**



Flu season lasts **October through May** and peaks from December to March



It takes your body about **two weeks** to fully respond to the flu vaccine

It's easy to stay protected

Now is the time to get your flu shot! To lower your chances of getting the flu, the Centers for Disease Control (CDC) recommend that you get vaccinated in October. You can get a flu shot anytime during flu season, but sooner is better.

Many network pharmacies, including the well-known chains, can administer the flu vaccine. Check with your local pharmacy and plan ahead to get vaccinated. Your plan may offer full or partial coverage for your flu shot.

It's all in the details

Looking for more detailed information about the flu vaccinations that have been approved? Additional recommendations on the flu vaccine and reference documents are available for you to review [here](#).

*Talk with your pharmacist or healthcare provider to determine which flu vaccine is most appropriate for you and to make sure there is no reason for you to avoid having a flu vaccine this year.

**Quadrivalent vaccine protects against four influenza strains and the trivalent vaccine protects against three influenza strains