

Health Tips

Make Health Happen

FLU SHOTS

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Do you know the facts about flu shots? Get answers to some of the most common questions.

Q: Do I need a flu shot even if I am healthy?

A: Yes. No matter your health status, the flu shot lowers the risk of getting the flu.

The Centers for Disease Control and Prevention says that all persons older than six months of age should get a flu shot. It is extra important for people who are:

- Caregivers of infants less than six months of age.
- Pregnant.
- Age 50 and older.
- Health care workers.
- Residents of a nursing home or long-term care facility.
- Adults or children with chronic conditions.
- Household contacts or caregivers of any of the above groups.

Q: Should I get a flu shot this year even if I had one last year?

A: Yes. The flu shot changes every year.

Each year's vaccine targets the strains that are thought to be most common that year. A new flu vaccine is made just before flu season. That is why a flu shot is just good for one year.

ALERT: Just one flu shot can help protect you from both seasonal and H1N1 flu strains.

Q: Will I get the flu from a flu shot?

A: No. The flu shot will not give you the flu.

Some people may get redness, soreness or swelling where the shot was given. In rare cases, some people may even get a low fever, chills or a headache. Ask your doctor about other options if you do not like needles.

Q: Can I still get a flu shot if I have a cold right now?

A: Yes. If you have a fever, cold, stomachache or sniffles, you can still get a flu shot.

Just make sure you let your doctor know you are not well.

Flu season usually starts in October and may last through May. You can get a flu shot at any time during flu season. Just remember, the sooner you get one, the sooner you'll be protected.

To learn more, visit cdc.gov/flu or call the 24/7 NurseLine. *Seasonal Influenza (Flu)*, cdc.gov/flu/index.htm.



Serving Hoosier Healthwise,
Healthy Indiana Plan and Hoosier Care Connect

Helpful phone numbers for Anthem Blue Cross and Blue Shield members only

Member Services and 24/7 NurseLine:

- Hoosier Healthwise and Healthy Indiana Plan - 1-866-408-6131
- Hoosier Care Connect - 1-844-284-1797
- TTY: 711

Call for free translation/Llame para una traducción sin costo:
1-866-408-6131 (Hoosier Healthwise, Healthy Indiana Plan);
1-844-284-1797 (Hoosier Care Connect); TTY 711.