

Don't Wait! **VACCINATE!**

Protect Yourself and Your Loved Ones This Flu Season

This year's flu season is expected to pack a punch for those not protected from the flu. Now, more than ever, the flu vaccine is our best defense against serious illness. *Have you gotten yours?*



Have Concerns About the Flu Vaccine? Let's Clear Them Up:

1 "I'm healthy, so I don't need a flu vaccine."

Even if you're healthy, you can still get the flu and spread it to others, like young children or older adults. Getting vaccinated helps protect you and those around you.



2 "I'll wait until the flu hits my area."

Don't wait—it takes about two weeks for the vaccine to fully protect you. Getting your vaccination early means you're ready before the flu season peaks.



3 "It's better to get sick naturally."

The flu can cause serious problems, like pneumonia or even hospitalization. It's much safer to get the flu vaccine to avoid severe illness.



4 "The flu vaccine can give me the flu."

This is **not true**. The flu vaccine cannot give you the flu! It helps your body build protection against the flu without causing the illness.



5 "Is the flu vaccine safe for kids with allergies?"

Yes! Even kids with egg allergies can safely get a flu vaccination. Talk to your doctor to learn more about the best options for your family.



6 "I hate getting injections."

We understand that vaccines can be uncomfortable, but the flu vaccine is quick and nearly painless. A few seconds now can mean a healthier you.



7 "I was vaccinated last year."

The flu virus changes yearly. To stay protected, you need a new flu vaccine every season.



8 "I've already had the flu this year."

You can catch the flu more than once because there are different strains. A flu vaccine will protect you from other strains that are going around.



 **buckeye
health plan.**



Don't take a chance. Get vaccinated today!

Call your doctor's office, local pharmacy or retail clinic to schedule one as soon as you can.

**Find your vaccine today: bit.ly/BHP-Vaccines-gov
For more information, visit: bit.ly/BHP-Info-Flu**