

blueprint

Get a Flu Shot

It's **TWICE** as important this year.

Getting a flu shot this fall is very important. Why? Because COVID-19 and the flu are both dangerous. Consider getting vaccinated for both viruses to help protect yourself and those you love from serious illness.

Think about this:

- Hospitals and doctors will be busy with other respiratory viruses this fall and winter.
- You cannot get the flu from the vaccine. The vaccine is not always 100% effective, but it can turn a bad case of the flu into a mild one.
- It is possible to have COVID-19 and the flu at the same time, which increases your risk of hospitalization and death.

Make a plan for everyone in your family* to get a flu shot this year. Flu shots are safe, effective and free (or little cost) to you through your health plan. Get your shot from your primary care provider (PCP) or a pharmacy near you.

Find an in-network pharmacy or doctor:

1. Go to blueprintportal.com
2. Sign in or register for Blueprint Portal
3. Select "Find Care & Costs" from the homepage
4. Search for "Pharmacy" or "Find a PCP"



Protect yourself,
your family and
your community.

Prevent getting the flu and other viral illnesses.

Ask your PCP which vaccinations are best for you.



Get vaccinated.



Wash your hands often.



Stay home if
you are sick.



Keep at least 6 feet
between you and
people who do not
live with you.



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A small percentage of people should not get a flu shot because of underlying health conditions. Learn more at the Centers for Disease Control and Prevention website (cdc.gov/flu) and talk to your primary care doctor.

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