

# The Flu and You: True or False?



## The flu vaccine can give you the flu.



The vaccine is made from an inactive form of the virus and takes about two weeks to become effective. After getting your flu shot, you may experience mild flu-like symptoms 12-24 hours after getting the vaccine. These symptoms mean the flu shot has created an immune response, which means the shot is working to help your body defend itself from the flu virus.

## You can get the flu and COVID-19 at the same time.



You can get sick with two viruses at one time. If you get the flu and COVID-19 at the same time, you have a much greater chance of serious complications requiring emergency care or hospitalization.

## I can still get the flu if I get the vaccine.



While the flu shot is not a 100% guarantee you will not get the flu, it can make a bad case of the flu mild. Without the flu shot, you have a greater chance of getting very sick or being hospitalized if you get the flu.

## I can get an antibiotic for the flu.



The flu is caused by the influenza virus. Antibiotics are only effective on bacterial infections. While your doctor may be able to prescribe an antiviral drug to help treat symptoms, there is no cure for the flu.

## Don't let the FLU knock you off your game.

Get your flu shot for free or at little cost to you through your health plan.

### Find an in-network pharmacy or doctor

1. Go to [blueprintportal.com](https://blueprintportal.com)
2. Sign in or register for Blueprint Portal
3. Select **Find Care & Costs**
4. Search for "Pharmacy" or "Find a PCP"

