



BlueResource<sup>SM</sup> - Protecting Your Health - Getting a Flu Shot

## A Quick Shot Can Help You Stay Healthy

Each year, millions catch the flu. Hundreds of thousands are hospitalized, and tens of thousands actually die from flu-related causes. Experts recommend everyone six months of age and older get a flu vaccine. Here's some information you need to know.

**Time it right.** Get your flu vaccine in early fall before the flu season begins. It takes up to two weeks after you receive it for the vaccine to become fully effective.

**Know your options.** Find out which type of flu vaccine is best for you. Your doctor can recommend a shot or nasal vaccine based on your age, health and any allergies you may have.

**Make it easy.** Talk with your doctor about where you should get a flu shot. Many places now offer them, so getting a vaccine is quick and convenient.

**Repeat every year.** Make sure you get a flu shot each year. The flu virus changes from year to year, so you need the latest vaccine to fight the newer flu strains.



Help prevent the spread of flu with a yearly flu shot.