

# ARM YOURSELF AGAINST THE FLU

The flu is a contagious respiratory illness that infects your nose, throat and lungs. The flu can also cause you to develop additional complications or worsen existing chronic medical conditions, including heart failure, asthma or diabetes. Every year, thousands of Americans die due to the flu and flu-related illnesses.



## Why yearly flu shots are effective

It's important you get the latest flu vaccine every year because the flu can be caused by multiple different strains of viruses that change season to season. **The Centers for Disease Control (CDC) recommends everyone 6 months and older get a yearly flu shot.**

While the flu shot won't make you immune to the flu, it still offers plenty of important benefits:



You're protected against most strains



Your symptoms will be less severe



You're less likely to get sick



You'll recover faster

## How it works

The flu shot causes your immune system to produce antibodies that fight against the virus. It may take up to two weeks to build immunity after getting a flu shot so be sure to stay on top of your vaccination schedule.

## What you can do

If you haven't received your flu shot yet this year, talk to your doctor or find a Preferred retail pharmacy near you at [fepblue.org/flushot](https://fepblue.org/flushot) to schedule an appointment.



*This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal brochures (FEP Blue Standard and FEP Blue Basic: RI 71-005; FEP Blue Focus: RI 71-017). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.*

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