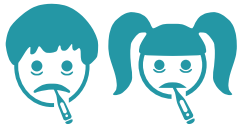


The Flu and You



MILLIONS of people get sick from influenza (flu) each year. The flu is easy to spread and can be very serious!

3 ACTIONS TO FIGHT THE FLU - TAKE ACTION!

1.



Get vaccinated!

Recommended each year for anyone 6 months and older

2.



Take antiviral drugs

(if approved by your provider)

3.

Take steps to stop the flu from spreading:



Cover coughs and sneezes



Wash hands often with soap and water



Disinfect objects that may be contaminated



Stay home from work or school if you are seriously ill



Avoid touching your eyes, nose and mouth



WHEN SHOULD I GET MY FLU SHOT?

January to March is peak flu season. It can last until May. CDC recommends getting vaccinated **every fall/winter.**

FLU MYTHS AND FLU FACTS

Flu Myths

Flu Facts

You can get the flu from the vaccine

Flu viruses used in flu shots are not active, so they cannot cause infection

The flu vaccine is not safe for babies and pregnant women

The flu vaccine is safe for everyone 6 months of age and older

Antibiotics will treat the flu

The flu is caused by a virus. Antibiotics only treat bacteria

You don't need a flu vaccine every year

The flu virus changes each year

The flu is not serious

The flu can be serious, especially for young children, the elderly and people with other health concerns

MeridianComplete is a health plan that contracts with both Medicare and Michigan Medicaid to provide benefits of both programs to enrollees.

