

Flu Awareness and Prevention

What is the flu?¹

The flu is an illness caused by the flu virus and affects millions of people each year and can lead to serious illness, or even death. The virus infects your nose, throat and lungs. Most people who get the flu feel better within a week. In some people, the flu may lead to ear and lung infections. People with heart disease, asthma or diabetes may find their condition worsen because of the flu.

What are the differences between a cold and the flu?^{2,3}

It can be hard to tell if you have the flu or a cold. Usually, the flu feels worse than a cold.

With the flu, you're more likely to get a fever, headaches, body aches and/or a cough, as well as feel weak and tired. The flu can lead to serious health problems like pneumonia. Some people may need to stay in the hospital because of these health problems.

How do I prevent the flu?¹

Washing your hands with soap and water or using alcohol-based hand cleansers can help prevent the flu from spreading. But the best way to protect yourself and your family from the flu is to get the flu vaccine every year. The flu vaccine can start to work about two weeks after you get the vaccine. You should get the flu vaccine as early as you can. It's usually available starting in September.

According to the Centers for Disease Control and Prevention (CDC), one of the best ways to prevent the flu is by getting vaccinated each year.⁴ The CDC recommends a yearly flu vaccine for everyone 6 months of age and older, as the first and most important step in protecting against this serious illness.⁵



What are flu symptoms?¹

If you have the flu, you may experience:

- Fever and/or chills
- Sore throat and/or cough
- Runny or stuffy nose
- Headaches and/or body aches
- Fatigue and weakness
- Nausea, vomiting and/or diarrhea



Many vaccines can be obtained on a walk in basis. Show your prescription ID card before getting your flu shot or vaccine. HealthSelect Prescription Drug Plan covers flu vaccines at 100% when you use a participating retail pharmacy.

Pharmacists administer the vaccines at these locations:

This list represents the larger retail chain pharmacies in our network that administer vaccines. For a complete list go to www.HealthSelectRx.com,

- ✦ click “Find a network pharmacy”
- ✦ click “Filters and advanced search” and
- ✓ check “Vaccines/immunizations” from the drop down list.

- Costco Pharmacy
- CVS Pharmacy
- Kroger Pharmacy
- Sam’s Club Pharmacy
- Walgreens Pharmacy
- Walmart Pharmacy

Questions?

For more information, call a customer service representative toll-free at **(855) 828-9834, TTY 711**.

Flu vaccines come in two forms: a shot or a spray into the nose.

Flu shots

- Flu shots are made from inactivated flu viruses.
- Flu shots may be used safely for anyone 6 months and older, including pregnant women.

Nasal spray

- Nasal spray flu vaccines are made from live, weakened flu viruses.
- The nasal spray is approved and fully covered for use only in healthy people ages 2 through 49.
- Do not get the nasal spray flu vaccine if you’re pregnant or if you have any chronic medical diseases such as asthma, diabetes or heart disease.

1. Key Facts about Influenza (Flu) & Flu Vaccine. Centers for Disease Control and Prevention website. <http://www.cdc.gov/flu/keyfacts.htm>. Accessed December 19, 2014. | 2. Seasonal Influenza: Questions and Answers. Centers for Disease Control and Prevention website. <http://www.cdc.gov/flu/about/qa/index.htm>. Accessed December 19, 2014. | 3. Flu (influenza). National Institute of Allergy and Infectious Disease website. <http://www.niaid.nih.gov/topics/Flu/understandingFlu/Pages/overview.aspx>. Accessed December 19, 2014. | 4. Sources: <http://www.cdc.gov/flu/> | 5. www.cdc.gov/flu/protect/keyfacts.htm#flu-vaccination



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