

The Flu and You

Who should get the flu vaccine?

The Flu shot (influenza vaccination) is recommended for people **6 months or older**. All eligible people especially those with **underlying conditions** and those **at higher risk** should get a flu vaccine.

What are the symptoms of the flu?

- ✓ Fever or feeling feverish.
- ✓ Chills.
- ✓ Cough.
- ✓ Sore throat.
- ✓ Runny or stuffy nose.
- ✓ Muscle or body aches.
- ✓ Headaches.
- ✓ Fatigue (tiredness).
- ✓ Vomiting and diarrhea, though this is more common in children than adults.

***DON'T FORGET!** PHP Members have 24/7 access to Telehealth where you can speak with an Emergency Room Doctor if you start to get symptoms. In most cases this will prevent a trip to the emergency room and unnecessary exposure to COVID-19.*

Why should I get the flu vaccine?

Getting your annual flu vaccine can **stop you from getting symptoms** of the flu.

It is especially important this year as the symptoms of the flu are **very similar to the symptoms of COVID-19**. Getting the flu vaccine can prevent you from becoming ill with the flu and **reduce the risk of confusion** with COVID-19.

Without the flu vaccine and with the added risk of COVID-19, your chances of severe illness and even death **increase significantly**.

If you get the flu vaccine, there is a small chance you might still get the flu. However, if you do, the illness is usually **mild and lasts for a shortened period of time**.

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When should I get a flu vaccine?

You should get your flu vaccine **before the flu virus begins spreading** in your community. the Center for Disease Control and Prevention (CDC) recommends that people get a flu vaccine by the end of October. However, even if you cannot get your flu vaccine early, you should still **get it anytime during flu season**, which lasts until April.

Where can I get a flu vaccine?



Large pharmacies such as CVS, Walgreens, Rite Aid, Duane Reade, and/or your local pharmacy.

Your **doctor's office**

No matter where you get the shot PHP will pay for it. Bring your PHP Insurance Card. If you need help finding a location or scheduling an appointment, contact your PHP Care Manager.

Speak to your Doctor before get a Flu shot if:

- ✓ You have an allergy to eggs.
- ✓ You are feeling unwell when you want to get the flu shot.
- ✓ You have had a bad reaction in the past to the flu vaccine.
- ✓ You ever had Guillain-Barré Syndrome (a severe paralyzing illness).
- ✓ You have questions about getting the COVID-19 vaccine and the flu vaccine at the same time.

Where can I find more information?



Your Doctor or your Care Team can answer your questions about the flu and the flu vaccine. Your Care Design NY Care Manager can help you connect to additional resources from the CDC website: **[cdc.gov/flu](https://www.cdc.gov/flu)**

PHP Care Complete FIDA-IDD (Medicare - Medicaid Plan)

The State of New York has created a Participant Ombudsman Program called the Independent Consumer Advocacy Network (ICAN) to provide participants free, confidential assistance on any services offered by Partners Health Plan. ICAN may be reached toll-free at 1-844-614-8800 (TTY users call 711, then follow the prompts to dial 844-614-8800) or online at [icannys.org](https://www.icannys.org).

Partners Health Plan is a managed care plan that contracts with Medicare and the New York State Department of Health (Medicaid) to provide benefits to Participants through the Fully Integrated Duals Advantage for Individuals with Intellectual and Developmental Disabilities (FIDA-IDD) Demonstration.