

# Flu Frequently Asked Questions

## What is the flu?

Influenza (flu) is a contagious respiratory illness caused by a virus. The flu can cause mild to severe illness. Serious flu infections can lead to a trip to the hospital or even death. The best way to protect yourself from the flu is to get a flu shot each year.

## What are the signs and symptoms of seasonal flu?

People who are sick with the flu may feel some or all of these signs and symptoms that usually start suddenly:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Fatigue (feeling very tired)
- Headaches
- Vomiting and diarrhea (more common in young children than adults)

*\*It's important to note that not everyone with flu will have a fever.*

## Where can I get the seasonal flu shot?

You can go to your primary care or other provider, a pharmacy or your local Health Department.

## Who should get the seasonal flu shot?

It is recommended that everyone over 6 months old receive the flu vaccine if possible. The Centers for Disease Control and Prevention (CDC) says that the seasonal flu shot should be given to the following people:

- Children from 6 months to 19 years old
- Pregnant women
- People over the age of 50
- People of any age with long-term health problems
- People who live in nursing homes, assisted living and long-term care facilities
- People who live with or care for those at high risk for complications from the flu, including:
  - Health care workers
  - Household contacts of persons at high risk for complications
  - Household contacts and out-of-home caregivers of children younger than 6 months (these children are too young for flu shots)

- American Indians and Alaskan Natives (who are at higher risk for flu complications)
- People who are at an unhealthy weight (see your provider for advice)

### **Who should not get the seasonal flu shot?**

The seasonal flu shot is *not* recommended if any of these apply to you:

- You are allergic to chicken eggs
- You have a history of Guillain-Barre Syndrome (GBS)
- You became very sick after a previous flu shot
- You are currently ill with a fever (you should not get a flu shot until you are feeling better)

### **Can I get sick from getting a flu shot?**

The flu shot is made from a virus that is no longer active, so you can't catch the flu from getting one. Some people may feel sore around the spot where they got the shot for a day or two. Fever, aches and pains are not common and more severe reactions are rare. Recent studies have shown that the flu shot does not increase asthma attacks. Talk to your provider about possible side-effects.

### **What do I have to pay for a flu shot?**

If you get your flu shot from a Magellan Complete Care (MCC of VA) participating provider or pharmacy, MCC of VA will pay the cost.

### **What can I do to keep from getting the flu?**

In addition to getting vaccinated, there are precautions you can take to help you and your family avoid the flu:

- Avoid close contact with people who are sick
- Keep your hands clean by washing them often with soap and warm water
- Do not touch your eyes, nose or mouth
- Cover your mouth and nose with a tissue when coughing or sneezing
- Stay home and away from others when you are sick to prevent spreading germs

### **Need help finding a provider?**

Call us toll-free, Monday through Friday from 8 a.m. to 8 p.m. local time.

CCC Plus: 1-800-424-4524 (TTY 711)

Medallion 4.0: 1-800-424-4518 (TTY 711)

For more information, visit <https://www.cdc.gov/flu/>.

This flyer is available for free in other languages and formats including online, in large print, Braille or Audio CD by calling Member Services at 1-800-424-4524 (TTY 711) for CCC Plus, or 1-800-424-4518 (TTY 711) for Medallion 4.0, toll free.

ATENCIÓN: Si habla español, tiene servicios de asistencia de idiomas a su disposición. Llame al 1-800-424-4524 (TTY 711) de CCC Plus o al 1-800-424-4518 (TTY 711) de Medallion 4.0.

참고: 한국어를 사용하고 계신 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. CCC Plus 의 경우 1-800-424-4524(TTY 711)번으로 전화하거나 Medallion 4.0 의 경우 1-800-424-4518(TTY 711)번으로 전화하십시오.

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