



FLU SEASON



As the temperature drops, the chance of catching the flu rises! The flu is a respiratory illness that infects the nose, throat, and lungs, and can cause mild to severe symptoms. It's important to understand how to protect yourself and loved ones from getting sick.

WHEN IS FLU SEASON?

Flu activity often begins to increase in October and then peaks between December and February (although flu activity can last as late as May).

WHO CAN GET A FLU SHOT?

According to the Centers for Disease Control and Protection (CDC), every person 6 months or older should receive a yearly flu vaccine to prevent the occurrence and severity of the flu.

WHAT CAN I DO TO PREVENT THE FLU?

To prevent the flu, the CDC recommends these healthy habits:

- Stay home when you are sick
- Cover your mouth and nose when coughing and sneezing
- Wash your hands frequently
- Get enough sleep
- Drink enough fluids

WHEN SHOULD I GET A FLU SHOT?

According to the CDC, September and October are good times to get vaccinated. Getting vaccinated earlier isn't recommended since the vaccination can lose its potency, leaving you more exposed later in the flu season.

HOW MUCH DOES A FLU SHOT COST?

Flu vaccinations are free for all employees and their dependents covered under our medical plans.

WHERE DO I GO FOR A FLU SHOT?

Cigna Members:

[Click here](#) to find a participating pharmacy in your area.

Kaiser Members:

Please visit [Kaiser's website](#) for how and where to obtain your flu shot.

You can also contact your healthcare provider for a flu shot, in addition to the pharmacy options.