

Protect Yourself From the Flu

According to the Centers for Disease Control and Prevention (CDC), last flu season there were approximately 61,000 flu-related deaths and an estimated 810,000 hospitalizations.¹



FIVE REASONS TO GET THE FLU SHOT

The flu shot is the single best way to prevent the flu; however, a recent survey shows that less than half of the American population gets the vaccination.² Following are five motivating reasons to get the flu shot:

- 1 What you touch can hurt you.** The flu virus can spread up to one day before a person has symptoms and can be transferred when people talk or touch things, such as their phones, desks or door handles.³
- 2 You may not have symptoms, but your coworkers may not be so lucky.** According to the Harvard School of Public Health, 20% to 30% of people who carry the influenza virus never experience flu-like symptoms, but they can still pass them on to their coworkers, who might not be so lucky.⁴
- 3 The flu shot does not cause the flu.** It takes two weeks for the antibodies that protect you against the flu to develop in the body; therefore, if people are exposed to the virus within those two weeks, they could still catch the flu.
- 4 It can save lives in more ways than one.** Not only does the flu shot protect against the potentially deadly virus, a study found that adults were six times more likely to suffer a heart attack during the week after being diagnosed with influenza.⁵
- 5 Even if you don't think you need it, you do.** The Centers for Disease Control and Prevention (CDC) recommends that everyone over six months of age get a flu shot every year to protect themselves and others. Based on interim data from the 2019-2020 flu season, flu vaccination reduced a child's risk of going to the doctor with the flu by 55%.⁶

What to Do About the Flu

Flu vaccines differ in regards to administration method, required number of doses and intended populations for use. Therefore, the choice of vaccine will depend largely on individual characteristics and may vary from person to person. You should contact your healthcare provider to determine which product is right for you.

In the current setting of the COVID-19 pandemic, it is more important than ever to get vaccinated for the flu. The CDC reports that it is likely that flu viruses and COVID-19 will both be spreading during the traditional flu season and that it will be possible to be infected with both at the same time.⁷

The average cost for the 2020 flu vaccine is \$35. Depending on your plan, the flu shot may be covered at no charge.



To learn more about this year's flu vaccine and coverage through your plan, visit elixirsolutions.com and log in to access your benefits.

1 Centers for Disease Control and Prevention. 2018-2019 U.S. Flu Season: Preliminary Burden Estimates. 2 Larieri, A (2018). Survey: 43 Percent of Adults Say No to Flu Vaccine. U.S. News. Dec. 6, 2018. 3 Centers for Disease Control and Prevention. How Flu Spreads. 4 Harvard Health Publishing (2018). Dispelling misinformation about the flu vaccine, sickness, treatment, and recovery. 5 Aubrey, A (2018). Flu Virus Can Trigger a Heart Attack. NPR. 6 Centers for Disease Control and Prevention. Interim Flu Vaccine Effectiveness Estimates for the 2019-20 Flu Season Show Flu Vaccines Providing Substantial Protection, Especially in Children. 7 Centers for Disease Control and Prevention. Frequently Asked Influenza (Flu) Questions: 2020-2021 Season.