



**BlueCross BlueShield  
of Illinois**



# Flu Season Ahead

## Who should get a flu shot and when?\*

Everyone six months of age and older should get a flu shot every season (beginning in October through February). Call the Customer Service number on the back of your member ID card to check your benefits.

### Who is at higher risk without a flu vaccination?

- Children younger than five years
- Adults 65 years and older
- Residents of nursing homes and other long-term care facilities
- Pregnant women
- People with chronic medical conditions such as diabetes, asthma or heart disease

Everyone with severe, life-threatening allergies to the flu vaccine or any of its ingredients should not receive a flu shot.

### How can you help prevent the flu from spreading?

- Avoid close contact with others
- Stay home when you are sick
- Cover your mouth and nose when you cough or sneeze
- Wash your hands
- Get plenty of sleep
- Clean and disinfect frequently used surfaces
- Be physically active
- Manage your stress
- Drink plenty of fluids and eat nutritious food

### What are the symptoms of flu?

- Coughing
- Headache
- Chest discomfort
- Muscle aches
- High fever that lasts a few days
- Weakness and fatigue

### What should I do if I think I have the flu?

- Stay home for at least 24 hours after your fever is gone.
- Call your health care provider or our 24/7 Nurseline

### Do I need to go to the emergency room (ER)?

Not usually. If you are not sure if you need to go to the ER, call our 24/7 Nurseline at 800-299-0274 or your health care provider.

\* Centers for Disease Control and Prevention: About Flu [cdc.gov/flu/about/index.html](https://www.cdc.gov/flu/about/index.html)  
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