



## Check the flu shot off your to-do list today

A flu shot can be checked off in five minutes and could save you five days or more if you get sick. Getting yours at your next scheduled doctor's appointment or making a quick trip to your local participating pharmacy can protect you from the flu.

### ✓ Convenience

Getting a flu shot is smart, easy and convenient. Most participating pharmacies are located at stores you frequent on a weekly basis.

### ✓ No worries

The flu shot is safe, effective and the best protection against the flu. If you have any concerns about getting a flu shot, talk to your doctor.

### All you need to do is:

Visit a participating pharmacy with your member ID card to get your flu shot today. While most pharmacies will accept your coverage, be sure to ask before you get your flu shot.

Or, at your next scheduled appointment, ask your doctor for a flu shot.

### Ways to prevent the spread of the flu and other viruses

1. Avoid close contact with people who are sick. If you're sick, avoid others as much as possible.
2. Cover your nose and mouth when you sneeze or cough.
3. Wash your hands frequently with soap and water or alcohol-based hand sanitizer.
4. Avoid touching your eyes, nose and mouth. Germs spread this way.
5. Clean and disinfect surfaces and objects that may be contaminated with germs such as the flu virus.

Source: Centers for Disease Control and Prevention



Confidence comes with every card.®

**Need to find a pharmacy? Want more information about flu shots?  
Learn more at [bcbsm.com/preventflu](https://bcbsm.com/preventflu).**

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