

# Flu prevention starts with you

Keep your community healthy with a flu shot



When it comes to the flu, there's no better way to defend yourself, your family, and your community than by getting a flu shot.

## The benefits of the flu shot

Each year, millions of people — around 8% of the U.S. population — become sick with the flu.<sup>1</sup> The flu shot can help:

- **Keep you healthy.** In recent years, the flu shot has helped prevent:<sup>2</sup>
  - 7.5 million illnesses.
  - 3.7 million medical visits.
  - 105,000 hospitalizations.
  - 6,300 deaths.
- **Prevent complications in people with chronic conditions.** The flu vaccine can reduce hospitalizations for people with diabetes and chronic lung conditions, and help lower the rate of cardiac events.<sup>2</sup>
- **Reduce how sick you become.** A flu shot can decrease your risk of getting the flu by as much as 60%, and will help reduce the severity of the virus if you do become ill.<sup>2</sup>
- **Protect the people around you,** including those who are at a higher risk for illness, such as babies, young children, older adults, and those with chronic health conditions.

## Prevention<sup>3</sup>

While a flu shot is the best prevention against the flu, here are additional tips for staying healthy during flu season:

- Clean shared, high-touch surfaces. Wipe down items such as telephones, keyboards, steering wheels, and doorknobs often.
- Avoid close contact with those who are sick. If you are sick, be sure to limit your contact with others.
- Wash your hands often with soap and water and use a tissue to cover your sneeze or cough when possible.
- Avoid touching your eyes, nose, and mouth. This is the easiest way for germs to spread.

## Be protected this flu season

Visit our website at [anthem.com](https://www.anthem.com) to find a doctor or pharmacy near you that offers the flu shot. Then, call ahead or visit their website for details



<sup>1</sup> Centers for Disease Control and Prevention: *Key facts about influenza (flu)* (September 13, 2019): [cdc.gov](https://www.cdc.gov).  
<sup>2</sup> Centers for Disease Control and Prevention: *Misconceptions about seasonal flu and flu vaccines* (June 1, 2021): [cdc.gov](https://www.cdc.gov).  
<sup>3</sup> Centers for Disease Control and Prevention: *Preventive Steps* (June 8, 2021): [cdc.gov](https://www.cdc.gov).

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