

SHOULD YOU GET THE *Flu Shot?*



Inland Empire Health Plan

iehp.org



WE'RE HERE TO HELP YOU FIGURE THINGS OUT.

Step one -

let's dig into
the facts...



How bad is the flu?

The flu is a virus. Every year, millions of people get the flu.

- The flu virus causes mild to severe illness.
- The flu is contagious, meaning it can spread from person to person.
- For some, the flu can worsen chronic health problems.
- The flu can be more harmful for pregnant women, children under 5 years old, and adults over 65 years old.

What is the flu shot?

The flu shot is made of an inactive flu virus. It protects against flu viruses that research shows will be most common that season.

- Getting the flu shot also lowers your chances of getting the flu.
- The flu shot also helps protect the people around you.
- Flu shots cannot cause the flu.

The flu shot is FREE for members who get it from a provider in our network!

Is the flu shot right for you?



You should get the flu shot – if you can check one of the boxes below for you or your loved ones:

- ☐ **Children 6 months and older** – different flu shots are approved for people of different ages. If the flu shot is for your child, make sure it is right for their age.
- ☐ **Adults** – some vaccines are only approved for adults. For example, a flu shot called the “recombinant influenza vaccine” is for people 18 years and older, and the “adjuvanted and high-dose inactivated vaccines” are for people ages 65 and older.
- ☐ **Pregnant women and people with chronic health conditions.**



You should not get the flu shot – if you or your loved ones are among those listed below:

- ☐ **Children younger than 6 months** – they are too young to get the flu shot.
- ☐ **People with severe, life-threatening allergies to the flu shot or any ingredient in it.** This may include eggs, gelatin, antibiotics or other ingredients.

What other health factors may affect your choice?

You should get the flu shot if you OR someone you live with has a chronic condition that needs regular visits to a doctor.

Check any that apply:

- ☐ Chronic heart disease
- ☐ Asthma
- ☐ Diabetes
- ☐ None of these fit me
- ☐ Other _____

Possible side effects

Side effects are usually mild and go away in a few days.

- The side effects from the flu vaccine may include:
 - Pain, swelling or redness where the shot was given
 - Headache
 - Muscle aches
 - Fever
 - Upset stomach
- Serious side effects from the flu vaccine are very rare.
- Getting the flu vaccine is safer than getting the flu.



What does the research show?

- ♥ Getting the flu shot lowers your chances of getting the flu.
- ♥ For those who get the flu shot and still get the flu, they usually have less severe symptoms than those who did not get the flu shot.
- ♥ Those who get the flu shot are less likely to be hospitalized because of flu.
- ♥ Getting the flu shot during pregnancy helps protect both mom and baby from the flu.



How important is getting the flu shot to you?

After reading about the flu shot on pages 1-4, check “not important” or “very important” for each reason below.

Reasons	NOT Important	VERY Important
Keeping a person from getting sick with the flu	☐	☐
Lowering the chances of getting severe flu	☐	☐
Lowering the chances of going to the hospital for severe flu	☐	☐
Preventing chronic conditions like heart disease, asthma or diabetes from getting worse	☐	☐
Protecting those around you who may be more likely to get severe flu	☐	☐

If most of your answers are “VERY Important,” then you should get the flu shot – unless you are among those listed on page 2 who should NOT get it.

Test your knowledge

Check ☒ the best answer:



Flu
shot



Refuse
flu shot



Not
sure

1. Which choice has the highest chance of you catching the flu?

☐
☐
☐

2. Which choice has the lowest chance of you getting severe flu?

☐
☐
☐

3. Which choice has the highest chance of pain and swelling in the arm as a side effect?

☐
☐
☐

ANSWER KEY: 1. Refuse flu shot | 2. Flu shot | 3. Flu shot

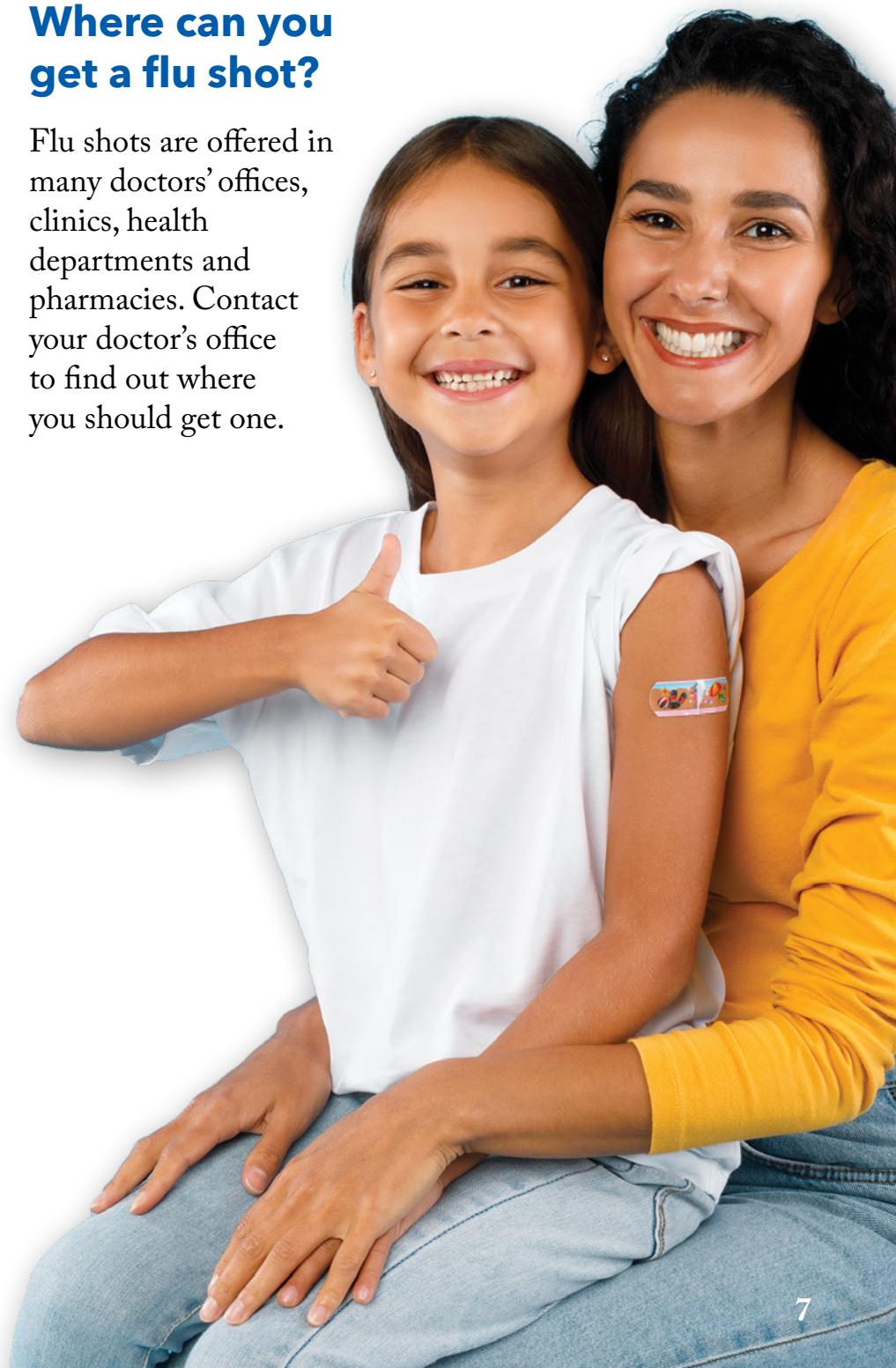


More details on the flu shot?

To learn more, please visit
www.iehp.org/flu or scan
the QR code.

Where can you get a flu shot?

Flu shots are offered in many doctors' offices, clinics, health departments and pharmacies. Contact your doctor's office to find out where you should get one.



Is the flu shot right for you?

Check ☒ your next steps:

- ☐  Yes. I have chosen to get the flu shot before or during the flu season.
- ☐  Maybe, but I need to talk about the choice with my doctor and family first.
- ☐  No. The flu shot is not for me.

Questions for your doctor:

1.
2.
3.

Sources:

CDC Fact Sheet:
“Influenza Vaccine: Who Should Get It,
and Who Should Not.”
Ottawa Influenza Decision Aid (OIDA).