



Member Notice

August 19, 2024

The Flu Season is Coming: Get your Flu Shot and Get Rewarded!

WHAT is Influenza (Flu)?

The flu is a virus that can spread through close contact with an infected person. It affects your nose, throat, and occasionally your lungs. Fever, chills, headache, dry cough, aching muscles, limb or joint pain, diarrhea, and sore throat are some of the symptoms of the flu. To stop the transmission of the flu if you or someone you live with has symptoms, you should wash your hands frequently (for at least 20 seconds), wear a face mask in indoor public areas, and clean and disinfect surfaces like doorknobs.

WHO Should Get the Flu Shot?

With very few exceptions, almost everyone aged 6 months and older should have the flu shot. Specific groups include young children, the elderly, pregnant women, those with weakened immune systems or chronic health conditions, healthcare workers, and those who look after young children or the elderly. Some individuals (such as those who are pregnant or have certain chronic medical issues) shouldn't receive certain influenza vaccinations.

WHEN is Flu Season in the United States?

The actual start and end dates of flu season vary throughout the United States. Flu activity typically starts to rise in October, lasts throughout the fall and winter, and activity peaks between December and March. It can even extend into May.

WHEN should you get the flu shot?

It is advised to get vaccinated by the end of October. This timing allows your body to develop immunity before the winter months, when flu activity usually spikes.

WHICH flu shot is best for you?

The "best" flu vaccine for you may vary depending on a number of variables, such as your age, health, and any dietary restrictions or demands. To determine which flu vaccine is best for you, it's recommended to consult with your healthcare provider.

WHERE can you get the flu shot?

Ask your doctor, pharmacist, or community health center to find out where you can get your no-cost vaccine. Members 6 to 24 months will receive \$75 reward on their Visa rewards card and members 2 years and older will receive \$25 reward on their Visa rewards card for receiving their flu vaccines. CountyCare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak ENGLISH, language assistance services, free of charge, are available to you. Call 312-864-8200 / 855-444-1661 (toll-free) / 711 (TTY). ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 312-864-8200 / 855-444-1661 / 711 (TTY). UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 312-864-8200 / 855-444-1661 / 711 (TTY). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 312-864-8200 / 855-444-1661 / 711. This document is also available in other languages. Please contact us at 312-864-8200 to request this document in another language.