



# Protect Yourself from the Flu

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Elevate your total wellbeing.

OHRM Office of Human  
Resources Management



Flu season is here! Getting a flu vaccine will not only help protect yourself, but by getting the flu shot, you'll also help protect those around you.

## What is Influenza (Flu)?

According to [The Centers for Disease Control and Prevention](#), the flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death.

## Why You Should Get Vaccinated

- The flu vaccine prevents millions of illnesses and flu-related doctor visits each year.
- It can reduce the risk of flu-associated hospitalization for children, working age adults and older adults.
- Those who are considered *high risk* face greater complications without the vaccine.
- It's an important preventive tool for people with chronic conditions.
- Several studies have shown to reduce the severity of illness in people who get vaccinated, but still get sick.



## How to Protect Yourself & Your Family

- Schedule your flu vaccine.
- Wash your hands often.
- Avoid close contact with people who are sick.
- Stay home if you are not feeling well.

For additional information on preventive steps, visit the CDC's [website](#).

## Get Your Flu Shot Now

[Level Up](#) wants you to be protected. Below is information on where to obtain your free flu vaccine.

### Cigna members

1. Refer to the [list of participating providers](#).
2. Locate a pharmacy that is convenient for you.
3. Call ahead to make an appointment and to confirm the pharmacy is still a participating provider.
4. In order for your vaccine to be covered at 100%, you must:
  - a. Obtain your vaccine at one of the participating locations
  - b. Carry your medical ID card with you
  - c. Notify the pharmacy to bill your medical plan not prescription plan

### Kaiser Permanente members

1. Refer to the [list of locations for flu shots](#).
2. Schedule an appointment by visiting [kp.org](#) or calling the 24/7 appointments and advice line at 800-777-7904 (TTY 711).

3. You have four options of getting your flu shot: Drive-thru clinic, In medical center clinic, Walk-up clinic or weekend flu clinics.

If you are not enrolled with the County's Cigna or Kaiser Permanente medical plans, we encourage you to contact your health insurance provider or your doctor to obtain flu vaccine this fall.

The best way to prevent the flu is by getting a flu vaccine each year – it is your best defense. For additional information on the importance of getting the vaccine, [click here](#).

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