

# FLU SHOTS

can dramatically  
reduce the chance of  
getting the flu.



## DID YOU KNOW

Flu shots are covered at no cost for everyone on your Blue Cross and Blue Shield of Nebraska health plan.

### When should I get a flu shot?

The Centers for Disease Control and Prevention recommends an annual flu shot for everyone aged 6 months or older.\*

### Influenza and COVID-19

The flu vaccine will not protect you against COVID-19. However, the vaccine has proven to reduce serious health issues that result in hospitalizations and death from the flu. The flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. They have similar symptoms and may be hard to tell apart.

### Where can I get a flu shot?

Talk to your doctor's office or visit an in-network pharmacy or clinic to get flu shots for you and your covered family members. To find in-network doctors, pharmacies or other clinics, visit [NebraskaBlue.com/DoctorFinder](https://www.NebraskaBlue.com/DoctorFinder).