

Be a flu fighter

Flu activity peaks between December and February, but can begin in October and can last as late as May. It takes about two weeks after a vaccination for the body's immune system to fully respond and for you to be protected, so plan to be vaccinated as early as possible!

What is recommended?



- The CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the most important step in protecting against this serious disease.
- Flu viruses change over time and each year the flu shot vaccine is updated to protect against the flu viruses most likely to spread that year.
- Flu shots are extra important for those over 50, pregnant women, children, and those with chronic illnesses because they are at a higher risk for complications from the flu.

Prevent and protect

In addition to getting a seasonal flu vaccine, you can take daily preventive actions to help protect yourself and others from the flu:



- Stay away from sick people
- Wash your hands to reduce the spread of germs
- Keep hands away from eyes, nose and mouth
- Stay home from work or school to prevent spreading flu to others if you are sick
- If you do get sick, take a prescription antiviral drug to treat the flu – within 2 days of getting sick

Flu Symptoms



- Sore throat
- Cough
- Headache
- Fever (100 degrees or higher)
- Runny or stuffy nose
- Achy muscles
- Fatigue or weakness

Call your doctor if you:

- Experience flu symptoms
- Are exposed to the flu before getting a flu shot

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PHP members can get a flu shot at their participating physician's office or any immunizing PHP participating pharmacy under their preventive benefit. *Employees should not use clinics located inside the pharmacy or hospitals to receive their immunization. The cost can double at these facilities and they may not be a participating provider for PHP.*

IMPORTANT: Please refer to your current schedule of benefits for full coverage details. We follow the CDC guidelines for recommended immunizations. Other restrictions may apply. For more information, please contact PHP Customer Service at 260-432-6690, Ext. 11, or Toll Free at 1-800-982-6257.