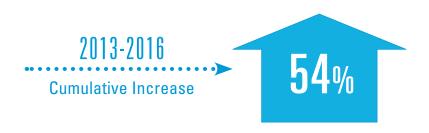




## FEAR THE FLU, NOT THE

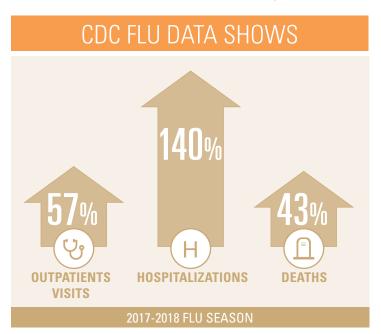
## FLU SHOT





2017-2018

Lack of reported effectiveness of the vaccine may have contributed to the 6.2% drop in vaccination rate cited by the CDC.



## **BCBS DATA SHOWS:**

case of the flu.

If vaccinated with the flu shot, an estimated 830,000 **BCBS** members could have avoided a serious, diagnosed

## **GET YOUR FLU SHOT**

While the severity of the flu epidemic and the effectiveness of the vaccine vary from year to year, the most effective way to prevent and lessen symptoms of the flu is with an influenza vaccination.



When: Early in the fall before flu season begins. It takes about 2 weeks for the antibodies to develop and protect the body.

Where: Doctor's office, workplace or school, pharmacy clinic, or search your area.

**Help Protect:** Wash hands, limit contact with those who are ill, cover coughs and sneezes, clean the home, and avoid touching eyes, nose, and mouth.

This BCBS study examined data from more than 50 million commercially insured BCBS members under age 65 diagnosed with the flu from 2013-2018. Vaccines and diagnoses that did not result in a billed medical claim are not included in this analysis. All tips and advice here are recommended by the CDC and Healthline. CDC data are estimated vaccination rates and influenza illnesses, medical visits, hospitalizations and deaths in the United States for the 2017 to 2018 influenza season.