

# Get the shot, not the flu!

The best way to prevent the spread of illness is to get vaccinated.

Vaccines are now more important than ever to protect yourself and others.

## WHY RISK IT?



The flu shot is your best defense against getting and spreading the flu.

## WHO SHOULD GET THE VACCINE?



Everybody 6 months and older - especially pregnant women and anyone caring for infants.

## CAN THE FLU SHOT GIVE YOU THE FLU?



No. The flu shot doesn't contain a live virus.

However, it can take up to 2 weeks for your body to be fully protected.

## HOW OFTEN SHOULD I GET VACCINATED?



*Once a year, every year.*

Flu viruses change each year, and so does the vaccine. Get your flu shot every year to reduce your risk.

## HOW MUCH DOES IT COST?

\$0

Employees and dependents enrolled in the Company Medical Plan may receive a flu shot directly from their in-network health care provider and/or in-network retail pharmacy (i.e., CVS, Walgreens, Walmart, etc.).

Flu shots (and COVID-19 vaccines) are covered 100% by the Company Medical Plan under the preventive services benefit.

If you have any questions,  
please contact your HR Representative.