



Being Sick Is No Fun!

With COVID-19 variants, the flu and other viruses circulating this season, **it's as important as ever to get vaccinated.** Every bit of protection helps.

GET YOUR FLU SHOT

The CDC recommends an annual flu shot for everyone six months and older. The vaccine takes a few weeks to provide immunity, so get your flu shot as early as possible.

Call BCBSIL at **1-888-895-6985** to find a location. Remember to bring your BCBSIL medical ID card. You may need to pay for your flu shot and get reimbursed once your claim is submitted.

GET VACCINATED AGAINST COVID-19

Learn more at **cdc.gov**, including where to get the vaccine and the plan for booster shots.

KEEP THESE HEALTHY HABITS

- **Wash your hands often** with soap and water and use hand sanitizer when you're on the go.
- **Cough or sneeze into a tissue or your elbow**, not your hands.
- **Disinfect commonly touched surfaces.**
- **Avoid touching your eyes, nose and mouth** with unwashed hands.
- **Don't share** personal items.
- **Stay at least 6 feet away** from others and wear a face mask if it's recommended where you are.
- **If you feel sick, stay home** except to get medical care as directed by your doctor.
- **Take advantage of telemedicine.** MDLIVE provides 24/7 care. Register and learn more at **MDLIVE.com/bcbsil**.

ARE YOUR VACCINATIONS UP TO DATE?

Vaccination is one of most effective preventive health care measures available for you and your loved ones. Use the CDC vaccine assessment tool at **www2.cdc.gov/nip/adultimmsched** and talk with your doctor about which vaccines are recommended for you and your family.

