

Actions to Take This Flu Season

Get your seasonal flu shot

- The best way to prevent seasonal flu is by getting a seasonal flu shot each year¹.
- It's estimated that 90 percent of seasonal flu-related deaths and more than 60 percent of flu-related hospitalizations in the United States each year occur in people 65 years and older¹.

Talk to your doctor or check with your public health clinic about the H1N1 flu shot (H1N1, also known as "swine flu" or "2009 H1N1")

- The H1N1 flu shot is a different shot than the seasonal flu shot.
- Most people who have gotten sick from H1N1 flu have been younger. In fact, people 65 and older are least likely to get infected with the H1N1 virus. There have been relatively few infections and even fewer cases of serious illness and death with the H1N1 virus in people older than 65.¹
- The populations prioritized by the Centers for Disease Control and Prevention (CDC) to receive the first available doses of H1N1 vaccine are:
 - pregnant women;
 - caregivers for children younger than 6 months of age;
 - health care workers;
 - children and young adults from 6 months through 24 years old; and
 - persons age 25 through 64 years who have health conditions that might increase their risk for flu-related complications.
- When the 2009 H1N1 vaccine becomes available, you may want to talk to your doctor about whether you should receive the H1N1 flu shot.

Where to find more information on the H1N1 virus and getting an H1N1 flu shot

- In addition to your doctor's office, you may receive the **H1N1 flu shot** from the locations listed below. H1N1 flu vaccine supplies will vary; **please call ahead** to confirm the location has H1N1 vaccine available.
- You can also contact the state or local public health department for information on where to receive the H1N1 flu shot. Please refer to the attached list to locate a public health department in your area.
- Remember to bring your Health Plan ID card when you get your H1N1 flu shot.

Participating locations

A&P Pharmacies
Food City Pharmacies
Hy-Vee Pharmacies
Kmart Pharmacies
Maxim Healthcare

Meijer Pharmacies
Mollen Clinics
Pick 'n Save Pharmacies
Provant Health Solutions
Publix Pharmacies

Rite Aid Pharmacies
Superfresh Pharmacies
Ukrop's Pharmacies
VaxAmerica
Winn-Dixie Pharmacies

Take everyday preventive actions²

- Try to avoid close contact with sick people. Both H1N1 flu virus and the seasonal flu viruses are mainly spread from people with the flu coughing or sneezing near you.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you don't have a tissue, direct your cough towards the inside of your elbow and cough or sneeze into your sleeve.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- If you are sick with flu-like illness, **CDC recommends that you stay home for at least 24 hours after your fever is gone** except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

Seek medical advice quickly if you develop flu symptoms

- Seasonal **and** H1N1 flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and extreme tiredness. Some people may also have vomiting and diarrhea. Also, people may have respiratory symptoms without a fever².
- People age 65 and older who do become infected are at greater risk of having serious complications from their illness. Therefore, these people are prioritized for antiviral treatment if they get sick with either seasonal or 2009 H1N1 flu this season¹.
- If you think you are having flu symptoms, please call your doctor.

Payment for the H1N1 flu shot

- The H1N1 flu shot is covered by your health plan at no cost to you. If you are charged for the H1N1 flu shot, please send the receipt of the shot to the address on the back of your ID card.
- Call the Customer Service phone number on the back of your ID card if you have questions.

For the most up-to-date information on the H1N1 shot

- CDC Hotline: **1-800-CDC-INFO (1-800-232-4636)** or www.flu.gov or www.cdc.gov/h1n1flu

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¹ Centers for Disease Control and Prevention (CDC), *What You Should Know and Do this Flu Season if You Are 65 Years or Older*, October 9, 2009

² Centers for Disease Control and Prevention (CDC), *Questions and Answers 2009 H1N1 ("Swine Flu") and You*, October 20, 2009