

Who should get the flu vaccine?

“The flu” is a short name for influenza. It is a contagious disease caused by a virus. The flu affects the whole body. It can cause you to have a fever, cough, sore throat, headache, body aches, and extreme fatigue. Most people recover within a week or so; however, for people at risk, the flu can be serious and even deadly.

Children aren't the only ones who need immunizations. That is why each year we publish and send educational reminders to all of our members to encourage them to get their annual flu vaccination. According to the American Lung Association, annual immunization against the flu is recommended for more than 200 million people in the United States. That is two out of every three people.

Priority groups who should seek the flu vaccination:

- people age 50 and older;
- women who are pregnant during flu season;
- children aged 6 months to 5 years, or someone in close contact with a child in this age range;
- those living in a household or serving as a caregiver of a person at high risk for complications from the flu;
- children or adolescents aged 6 months to 18 years receiving long-term aspirin therapy;
- those aged 5 to 64 with an underlying chronic medical condition;
- people who work in a health care setting;
- residents and staff members of a nursing home or long-term care facility.

Reminders to stay healthy

To help ensure that members who may be at risk for the flu receive their vaccination, Independence Blue Cross sends reminders each fall. For more information or to sign up for reminders on other recommended immunizations, screenings and tests, log on to www.ibxpress.com.

Source: Department of Health and Human Services, Centers for Disease Control and Prevention

We're here for you every step of the way.

