

You can outsmart the flu

All you need to know to stay protected this season.



Information is the first step to protection

This flu season is predicted to be more severe than the previous ones. Knowing the facts is the first step to prevention.

What is the flu?

Flu is short for influenza. It's a contagious illness caused by viruses that infect your nose, throat, and in some cases, your lungs.

What are its symptoms?

The flu can cause mild to severe symptoms such as fever, chills, cough, sore throat, runny nose, body aches, headaches, and tiredness. It's also common for kids to have vomiting or diarrhea.

How do you get it?

Flu viruses spread when you make contact with someone who's sick. Talking, sneezing, or coughing can get you infected. You can also get it if you touch your mouth, nose, or eyes after handling things or surfaces that have the flu virus on them.

Is it serious?

It can be. Although most healthy people experience mild cases, the flu can lead to severe disease. It can also be linked to complications such as bacterial pneumonia, and ear or sinus infections. Chronic issues such as asthma, diabetes, or congestive heart failure can get worse. And in some cases, the flu can be fatal.

Your doctors and the CDC agree

As your health ally, all Cityblock doctors are urging everyone, six months and older, to get the flu vaccine—as recommended by the Centers for Disease Control and Prevention.

The vaccine is quick, available in lots of places, and, in most cases, covered by your insurance. You can easily add it to your next local pharmacy visit or doctor's appointment.

Why the flu vaccine is effective

- Reduces the severity of symptoms if you get sick
- Lowers the risk of hospitalization
- Can protect people with chronic health problems
- Helps protect pregnant women as well as their infants
- Can save children's lives
- Keeps your friends, loved ones, and community safe

Benefits outweigh its limited side effects. And because there are decades of research behind the vaccine's effectiveness, you can safely join the tens of millions who get it every year.

We're here to help

To find the nearest pharmacy or clinic where you can get the flu vaccine, please visit cityblock.com/flu. Many offer evening, weekend, and walk-in appointments.

If you have any questions, or need support from your care team, we've got you. Help is a call away at 833-904-2273 (TTY: 711).

Scan here or visit cityblock.com/flu

