



Flu Season – It's that time of the year!

What is the flu?

- The flu is caused by the influenza virus. It is an infectious breathing disease.
- Spreads usually between October and May.
- Anyone can get the flu but it is more dangerous for infants, young children and pregnant women.
- People with certain health conditions or a weakened immune system are at greatest risk of flu complications.
- The flu can cause fever, chills, sore throat and muscle aches. It also causes fatigue, cough, headache, runny or stuffy nose.
- Some people may have vomiting and diarrhea. Vomiting and diarrhea are more common in children than adults.

The best way to prevent the Flu is by getting the Flu SHOT each year!

Coverage:

- MedStar Family Choice District of Columbia (MFC-DC) covers flu shots for ALL Enrollees.

Facts:

- The best way to prevent contracting the seasonal flu is to get a FLU SHOT, each year. It is recommended for everyone.
- **Flu shots change and are different from year to year.** This is because the virus changes every year (different strains).
- **High-risk population includes people with:**
 - Asthma
 - Breathing problems
 - Mobility problems

Talk with your health care provider:

Tell your vaccine provider if you or the person getting the vaccine:

- Is younger than 2 years

- Is pregnant.
- Has had an allergic reaction after a previous dose of influenza vaccine, or they have severe, life-threatening allergies.
- Is age 2 to 17 years and receiving aspirin or aspirin-containing products.
- Has a weakened immune system.
- Is a child 2 to 4 years who has asthma.
- A child age 2 to 4 years with a history of gasping in the past 12 months.
- Has taken influenza antiviral medication in the last 48 hours.
- Cares for immunocompromised people who need a protected environment.

What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction call 9-1-1 and get the person to the nearest hospital.

MedStar Family Choice District of Columbia complies with all applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

If you do not speak and/or read English, please call 888-404-3549 between 8:00 a.m. and 5:30 p.m. A representative will assist you.

Si no habla o lee inglés, llame al 888-404-3549 entre las 8:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle.

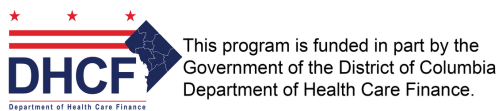
Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 888-404-3549 từ 8 giờ 00 sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn.

‘영어로 대화를 못하시거나 영어를 읽지 못하는 경우, 오전 8시 00분에서 오후 5시 30분 사이에 888-404-3549번으로 전화해 주시기 바랍니다. 담당 직원이 도와드립니다.

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 888-404-3549 entre 8:00 du matin et 5:30 du soir. Un représentant vous aidera.

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‘如果您不能講和/或不能閱讀英語，請在上午 8:00 到下午 5:30 之間給 888-404-3549 打電話，我們會有代表幫助您



It's how we treat people.