

# SHOULD YOU GET THE Flu Shot?

**IE**  **HP**  
Inland Empire Health Plan

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# We're here to help you figure things out.

Step one - let's dig into the facts...

## What is the flu?

The flu is a virus. Every year, millions of people get the flu.

- The flu virus causes mild to severe illness.
- The flu is contagious, meaning it can spread from person to person.
- For some, the flu can worsen chronic health problems.
- The flu can be more harmful for pregnant women, children under 5 years old, and adults over 65 years old.

## What is the flu shot?

The flu shot is made of an inactive flu virus. It protects against flu viruses that research shows will be most common that season.

- Getting the flu shot also lowers your chances of getting the flu.
- The flu shot also helps protect the people around you.
- Flu shots cannot cause the flu.

**The flu shot is FREE for members who get it from a provider in our network!**

## Is the flu shot right for you?



**You should get the flu shot** – if you can check one of the boxes below for you or your loved one:

- Children 6 months and older** – different flu shots are approved for people of different ages. If the flu shot is for your child, make sure it is right for their age.

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- Adults** – some vaccines are only approved for adults. For example, a flu shot called the “Recombinant influenza vaccine” is for people 18 years and older, and the “adjuvanted and high-dose inactivated vaccines” are for people ages 65 and older.

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- Pregnant women and people with chronic health conditions.**



**You should not get the flu shot** – if you or your loved one are among those listed below:

- Children younger than 6 months** – they are too young to get the flu shot.

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- People with severe, life-threatening allergies to the flu shot or any ingredient in it.** This may include eggs, gelatin, antibiotics, or other ingredients.

## What other health factors may affect your choice?

You should get the flu shot if you OR someone you live with has a chronic condition that needs regular visits to a doctor.

*Check any that apply:*

- Chronic heart disease
- Asthma
- Other \_\_\_\_\_
- Diabetes
- None of these fit me

## Possible side effects

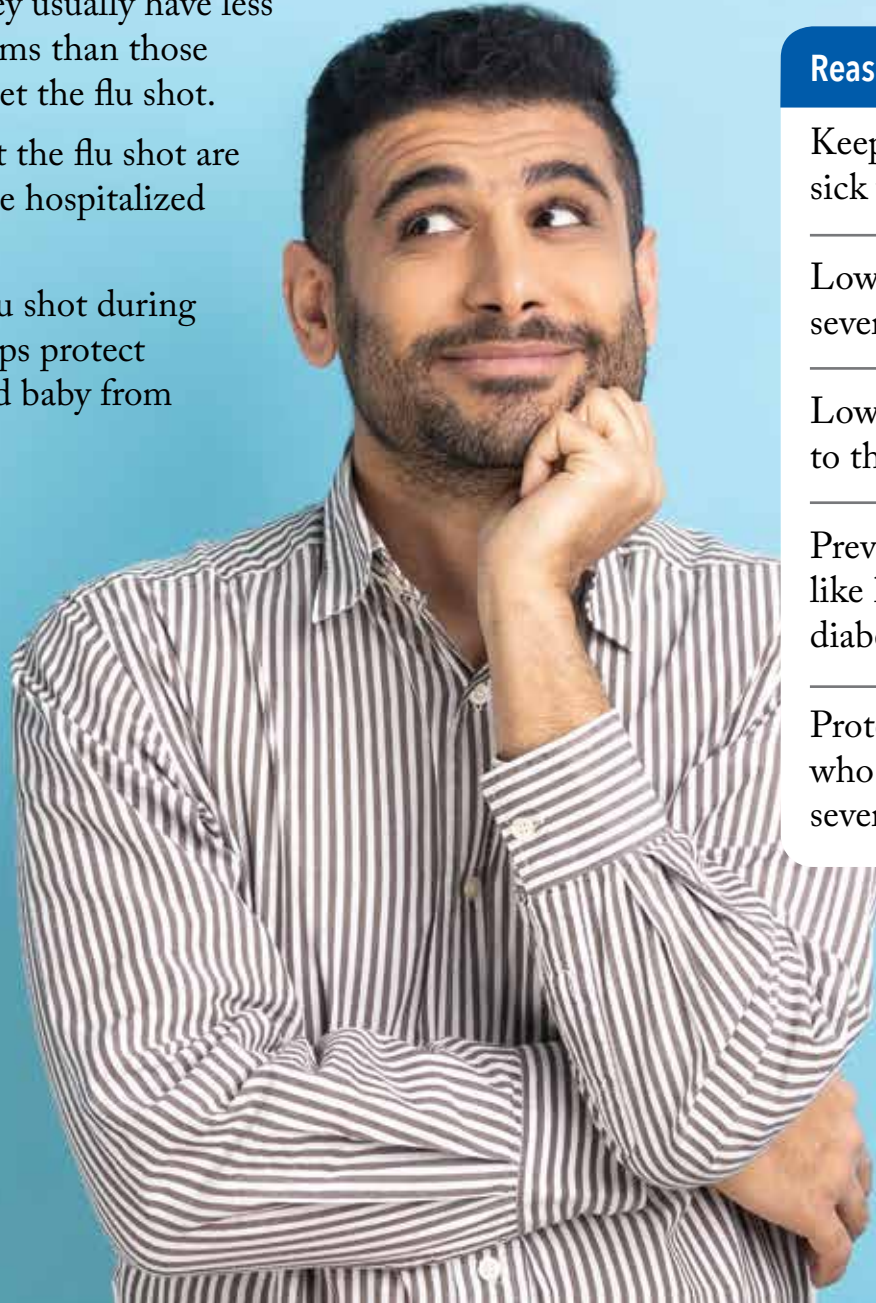
Side effects are usually mild and go away in a few days.

- The side effects from the flu vaccine may include:
  - Pain, swelling, or redness where the shot was given
  - Headache
  - Muscle aches
  - Fever
  - Upset stomach
- Serious side effects from the flu vaccine are very rare.
- Getting the flu vaccine is safer than getting the flu.



## What does the research show?

- ♥ Getting the flu shot lowers your chances of getting the flu.
- ♥ For those who get the flu shot and still get the flu, they usually have less severe symptoms than those who did not get the flu shot.
- ♥ Those who get the flu shot are less likely to be hospitalized because of flu.
- ♥ Getting the flu shot during pregnancy helps protect both mom and baby from the flu.



## How important is getting the flu shot to you?

After reading about the flu shot on pages 1-4, check “not important” or “very important” for each reason below.

Reasons	NOT Important	VERY Important
Keeping a person from getting sick with the flu	<input type="checkbox"/>	<input type="checkbox"/>
Lowering the chances of getting severe flu	<input type="checkbox"/>	<input type="checkbox"/>
Lowering the chances of going to the hospital for severe flu	<input type="checkbox"/>	<input type="checkbox"/>
Preventing chronic conditions like heart disease, asthma, or diabetes from getting worse	<input type="checkbox"/>	<input type="checkbox"/>
Protecting those around you who may be more likely to get severe flu	<input type="checkbox"/>	<input type="checkbox"/>

If most of your answers are “VERY Important,” then you should get the flu shot – unless you are among those listed on page 2 who should NOT get it.

## Test your knowledge

Find out how well this brochure helped you learn the key facts. Check  the best answer:

	<input checked="" type="checkbox"/> Flu shot	<input checked="" type="checkbox"/> Refuse flu shot	<input checked="" type="checkbox"/> Not sure
1. Which choice has the highest chance of you catching the flu?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Which choice has the lowest chance of you getting severe flu?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Which choice has the highest chance of pain and swelling in the arm as a side effect?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ANSWER KEY: 1.  Refuse flu shot | 2.  Flu shot | 3.  Flu shot



## Want more details on the flu shot?

To learn more, please visit <https://www.iehp.org/members/healthy-living?target=flu> or scan the QR code.


## Where can you get a flu shot?

Flu shots are offered in many doctors' offices, clinics, health departments, and pharmacies. Contact your doctor's office to find out where you should get one.




## Is the flu shot right for you?


Check  your next steps:

-  Yes. I have chosen to get the flu shot before or during the flu season.

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-  Maybe, but I need to talk about the choice with my doctor and family first.

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-  No. The flu shot is not for me.

## Questions for your doctor:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### Sources:

CDC Fact Sheet:

“Influenza Vaccine: Who Should Get It,  
and Who Should Not.”

Ottawa Influenza Decision Aid (OIDA).