



# PROTECT YOURSELF FROM THE FLU

This year, getting a flu shot is more important than ever. Here's what you need to know to help you and your loved ones stay safe and healthy this flu season.

## The best way to prevent the flu is to get a flu shot.

The flu is a serious illness – getting the flu shot helps lower the number of hospital visits and deaths. If you get your flu shot, you'll help keep yourself from getting sick and the flu from spreading to others. The flu spreads in the fall and winter, and the virus reaches its peak October through February. You can get a flu shot at your doctor's office, local pharmacy, and clinics. These places have special measures in place to help keep you safe. When you go to get your flu shot, don't forget to wear your mask.

## Medicare covers the flu shot.

Medicare Part B (Medical Insurance) covers one flu shot per flu season. You pay nothing for a flu shot if your doctor or other health care provider accepts assignment for giving the shot.

## Some people have a higher risk of getting sick from the flu.

People who are 65 and older are at high risk of having serious health complications from the flu. Young children, pregnant women, and people with certain health conditions are also at high risk.

## There are preventive measures you can take to avoid the flu.

To help prevent the flu:

- ✓ Wash your hands
- ✓ Avoid touching your eyes, nose, and mouth
- ✓ Stay home when you're sick
- ✓ Clean frequently touched surfaces

## Learn more about preventing the flu.

If you have questions about the flu:

- ✓ Talk to your doctor
- ✓ Visit [cdc.gov/flu/season/faq-flu-season-2020-2021](https://www.cdc.gov/flu/season/faq-flu-season-2020-2021)
- ✓ Visit [Medicare.gov/coverage/flu-shots](https://www.Medicare.gov/coverage/flu-shots)



You have the right to get Medicare information in an accessible format, like large print, Braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against. Visit [Medicare.gov/about-us/accessibility-nondiscrimination-notice](https://www.Medicare.gov/about-us/accessibility-nondiscrimination-notice), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.