

What is the Flu Vaccine?



The flu vaccine keeps you from getting the flu, and it makes the flu less severe if you do get it. It also keeps you from spreading the flu to your family and others.

The flu vaccine will not cause you to get the flu!

Prevent and Protect.



The best prevention to protect yourself and others is to get the flu vaccine.



The flu can be dangerous for some people. People over 65 years of age and older and people with certain health conditions or weakened immune systems are at greatest risk.



To protect yourself, wash your hands with soap and water, or use hand sanitizer.



Always cover your mouth and nose with the inside of your elbow when you cough or sneeze. Do not use your hands.

The Flu is a Serious Disease.

It can lead to hospitalization and, in some cases, even death. Every flu season is different. Even healthy people can get the flu and spread it to others. The flu vaccine protects against the virus that causes the flu. This vaccine helps antibodies develop two weeks after you get a flu vaccine.

Where can you get your flu vaccine?



**YOUR
DOCTOR**



**YOUR LOCAL
PHARMACY**

- No appointment is needed.

(i.e. CVS, Duane Reade, Walgreens, Target, Walmart)



WE CAN HELP

If you need help scheduling an appointment or have any questions on how you can get your flu vaccine please call your VillageCareMAX Care Manager or **Member Services** at **1-800-469-6292**. **TTY users should call 711**. We are available 8:00 am to 8:00 pm, 7 days a week.



www.villagecaremax.org

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VillageCareMAX is an HMO plan with a Medicare and New York State Medicaid contracts. Enrollment in VillageCareMAX depends on contract renewal.