



WHAT'S TRUE about the flu?

Q: Will I get the flu from the flu shot?

A: No. The flu shot is made from dead viruses that cannot give you the flu.

Q: Do I need a flu shot every year?

A: Yes. The flu changes every year. Each year the shot is used to fight the most current flu.

Q: When should I get a flu shot?

A: As early as you can. You can get the flu shot beginning in September or as soon as the shot is available. You can also get it throughout the flu season, which can last as late as May.

Q: Why should I get a flu shot?

A: The flu usually makes people very sick for several days and is the reason more than 300,000 people are hospitalized each year.¹ Getting a flu shot every year is the best way to protect yourself and others.

Q: Can I still get the flu after I get the flu shot?

A: Yes. Like other vaccines, the flu shot doesn't work 100 percent of the time and does not start working until about two weeks after you get the shot. During those two weeks, you can get the flu as easily as people who have not had a flu shot. Still, the best way to keep from getting the flu is to get a flu shot every year.

Q: What are the side effects of getting a flu shot?

A: You cannot get the flu from a flu shot. Almost all people who get the flu shot have no problems from it. Some people may have soreness, redness or swelling where the shot was given, a low-grade fever or aches. These could happen soon after the shot is given and usually last one to two days. Severe allergic reactions are rare, but anyone who is allergic to chicken eggs should not get the flu shot.

Get the facts

Visit [BlueCrossNC.com/Flu](https://www.bluecrossnc.com/flu)
for more answers to your
questions about the flu.



Q: Who should get a flu shot?

A: Everyone six months of age and older should get a flu shot each year, especially people who may be at a higher risk of getting the flu and who have a harder time getting better after they are sick (see below).

Q: Am I classified as high risk?

A: There may be times when the flu shot is only available to people who may be at a higher risk for getting the flu and who have a harder time getting better after they are sick.² These include:

- + Children younger than five years of age, but especially children younger than two years of age
- + Adults 65 years of age and older
- + Pregnant women and women up to two weeks after the end of pregnancy
- + Residents of nursing homes and other long-term care facilities
- + American Indians and Alaskan Natives
- + People who have:
 - Asthma (even if it's controlled or mild)
 - Neurological and neurodevelopmental conditions
 - Chronic lung disease, such as chronic obstructive pulmonary disease (COPD) and cystic fibrosis
 - Heart disease, such as congenital heart disease, congestive heart failure and coronary artery disease
 - Blood disorders, such as sickle cell disease
 - Endocrine disorders, such as diabetes
 - Kidney disorders
 - Liver disorders
 - Metabolic disorders, such as inherited metabolic disorders and mitochondrial disorders
 - Weakened immune system due to disease or medication, such as people with HIV or AIDS, cancer or those on long-term steroids therapy
 - People younger than 19 years of age who are receiving long-term aspirin therapy
- + People who are morbidly obese with a body mass index of 40 or greater

¹ "Seasonal Influenza Associated Hospitalizations in the United States." Centers for Disease Control and Prevention, <http://www.cdc.gov/flu/about/qa/hospital.htm> (Accessed April 2018).

² https://www.cdc.gov/flu/about/disease/high_risk.htm (Accessed April 2018).

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NON-DISCRIMINATION AND ACCESSIBILITY NOTICE

Blue Cross and Blue Shield of North Carolina (Blue Cross NC) provides:

- + Free aids and services to people with disabilities to communicate effectively with us, such as: qualified interpreters and/or written information in other formats (large print, audio, accessible electronic formats, other formats.)
- + Free language services to people whose primary language is not English, such as: qualified interpreters and/or information written in other languages

If you need these services, contact:

Customer Service

Call: 1-888-206-4697, 1-800-442-7028 (TTY and TDD)

If you believe that Blue Cross NC has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with:

Blue Cross NC, P.O. Box 2291, Durham, NC 27702

**Attention: Civil Rights Coordinator-Privacy,
Ethics & Corporate Policy Office**

Call: 919-765-1663, 1-888-291-1783 (TTY)

Fax: 919-287-5613

E-mail: civilrightscordinator@bcbsnc.com

You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, the Civil Rights Coordinator-Privacy, Ethics & Corporate Policy Office is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at:

Online: <https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf>

**Mail: U.S. Department of Health & Human Services
200 Independence Avenue, SW Room 509F
HHH Building Washington, D.C. 20201**

Call: 1-800-368-1019, 1-800-537-7697 (TDD)

Complaint forms are available online at:

<http://www.hhs.gov/civil-rights/filing-a-complaint/index.html>

This notice and/or attachments may have important information about your application or coverage through Blue Cross NC. Look for key dates. You may need to take action by certain deadlines to keep your health coverage or help with costs. You have the right to get this information and help in your language at no cost. **Call Customer Service: 1-888-206-4697.**

Discrimination is Against the Law

Blue Cross NC complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Blue Cross NC does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

ATTENTION: If you speak another language, language assistance services, free of charge, are available to you. Call 1-888-206-4697 (TTY: 1-800-442-7028).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-206-4697 (TTY: 1-800-442-7028).

注意: 如果您講廣東話或普通話, 您可以免費獲得語言援助服務。請致電 1-888-206-4697 (TTY: 1-800-442-7028)。

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-888-206-4697 (TTY: 1-800-442-7028).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-888-206-4697 (TTY: 1-800-442-7028) 번으로 전화해 주십시오.

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-888-206-4697 (ATS: 1-800-442-7028).

ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-888-206-4697. المبرقة الكاتبة: 1-800-442-7028.

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-888-206-4697 (TTY: 1-800-442-7028).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-206-4697 (телетайп: 1-800-442-7028).

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-888-206-4697 (TTY: 1-800-442-7028).

સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:સુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-888-1-888-206-4697 (TTY: 1-800-442-7028).

ចំណាំ: ប្រសិនបើលោកអ្នកនិយាយជាភាសាខ្មែរ សេវាកម្មជំនួយផ្នែកភាសាមានផ្តល់ជូនសម្រាប់លោកអ្នកដោយមិនគិតថ្លៃ។ សូមទំនាក់ទំនងតាមរយៈលេខ៖ 1-888-206-4697 (TTY: 1-800-442-7028)។

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-888-206-4697 (TTY: 1-800-442-7028).

ध्यान दें: यदि आप हिन्दी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-888-206-4697 (TTY: 1-800-442-7028) पर कॉल करें।

ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 1-888-206-4697 (TTY: 1-800-442-7028).

注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます。1-888-206-4697 (TTY: 1-800-442-7028)まで、お電話にてご連絡ください。