



FLU SEASON



As the temperature drops, the chance of catching the flu rises! The flu is a respiratory illness that infects the nose, throat, and lungs, and can cause mild to severe symptoms. It's important to understand how to protect yourself and loved ones from getting sick.

WHEN IS FLU SEASON?

Flu activity often begins to increase in October and then peaks between December and February (although flu activity can last as late as May).

WHO SHOULD GET A FLU SHOT?

According to the Centers for Disease Control and Prevention (CDC), everyone 6 months and older, with rare exceptions, should get a flu vaccine every season.

WHAT CAN I DO TO PREVENT THE FLU?

Besides getting a flu shot, the CDC recommends these prevention steps:

- Stay home when you are sick
- Cover coughs and sneezes
- Avoid touching your eyes, nose, and mouth
- Clean frequently touched surfaces

WHEN SHOULD I GET A FLU SHOT?

September and October are considered the best times for most people to get a flu shot. Ideally, get vaccinated by the end of October, but vaccination can continue throughout flu season as long as flu viruses are circulating.

HOW MUCH DOES A FLU SHOT COST?

Flu vaccinations are available at no cost to Snowflake employees and their covered dependents enrolled in a Snowflake medical plan.

WHERE DO I GO FOR A FLU SHOT?

Cigna Members:

[Click here](#) to find a participating pharmacy in your area.

Kaiser Members:

Please visit [Kaiser's website](#) for how and where to obtain your flu shot.

You can also contact your healthcare provider for a flu shot, in addition to the pharmacy options.