

No flu for you!

Visit www.hpsj.com/flu to learn how to protect yourself this flu season.

We are finally getting a break from the summer heat, and that can only mean one thing: it's almost flu season. Flu can be harmful for kids and families. During the 2022 flu season, there were 9 million cases, 4 million medical visits, 10,000 hospitalizations, and 5,000 deaths related to flu. The flu shot is safe and helps protect everyone from flu.

Signs of flu can include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Feeling tired
- Vomiting and diarrhea

The flu is not the same as a cold and comes on quickly. Even healthy kids and adults can get very sick from the flu. It then spreads to family and friends.

A flu shot is important for people of all ages. It is really important for kids 6 months and older, pregnant women, and anyone with chronic health problems like asthma or diabetes, or anyone over the age of 65. They have a higher chance of getting more serious issues from flu, such as pneumonia, which can lead to hospital stays.

Source: Centers for Disease Control & Prevention, 2023

Tips for flu season:

- ✓ Get your flu shot
- ✓ Try to avoid close contact with sick people
- ✓ If you are sick, try to stay home for at least 24 hours after your fever is gone
- ✓ Cover your nose and mouth when you sneeze
- ✓ Wash your hands often

Call your doctor's office today to set up an appointment to get your flu shot. **Not sure who your doctor is? Call Customer Service at 1-888-936-7526 TTY 711.**

Visit www.hpsj.com for more information on flu resources and HPSJ's **HealthReach nurse and doctor advice line.**



Get your flu shot by the end of October every year to be ready for flu season.



**Call HealthReach
1-800-655-8294**

HPSJ members may be eligible for an incentive for getting a flu vaccine. Visit www.hpsj.com/myrewards to learn more.

