

# You have the power to protect yourself!

Staying up to date on regular vaccinations, like the flu shot, is one of the most important ways to help protect you and your family this season.



## Get your vaccines

The CDC strongly recommends having both the flu and COVID-19 vaccines or boosters to protect yourself and others. And if you're over 60, you may be eligible for the RSV vaccine. Ask your provider or pharmacist about which vaccines are right for you and your family.

## Don't miss out

The flu can make you very sick for days or weeks, potentially landing you in the hospital or causing you to miss work or important life events. Symptoms for flu, COVID-19, and RSV are similar, and you can have all three at the same time. Stay away from others so you don't make them sick.

## No extra cost

Most Florida Blue members can get a flu or COVID-19 shot at no extra cost at an in-network doctor or pharmacy. Florida Blue Centers offer vaccine clinics throughout the fall for members and non-members. Go to [Scheduler.FloridaBlue.com](https://www.floridablue.com/Scheduler) to find a clinic near you.

## Protect yourself (and others) with these tips:

**Keep it clean:** Wash your hands often with soap and water or use an alcohol-based sanitizer to reduce germs. Disinfect high-traffic areas at home and at work, like doorknobs and keyboards.

**Keep hands away:** One way people catch germs is by touching a germy area and then touching their eyes, nose, or mouth. Limit touching your face, especially while in public.

**Keep your distance:** Flu viruses can be spread up to 6 feet when an infected person coughs, sneezes, or even talks. Keep your distance if someone has a respiratory illness.

**Keep covered:** Cover your cough or sneeze with a tissue. If you don't have one handy, cough or sneeze into your upper sleeve or elbow instead of your hands.

**Keep your immune system strong:** You're more likely to get sick if you have a weak immune system. Getting enough sleep, managing stress, eating healthy foods, and staying active are a few ways to keep your body strong enough to fight off infection.

Source: Centers for Disease Control and Prevention

Florida Blue Center registered nurses can answer your vaccine questions.  
Call 1-877-352-5830 to talk with a nurse at a center near you. Or visit [FloridaBlue.com/Shots](https://www.floridablue.com/Shots)