Flu season is right around the corner, and this year’s may be unprecedented. Because of the ongoing COVID-19 pandemic, health care experts are sounding the alarm on the importance of protecting against the flu.¹

When it comes to the flu, there’s no better way to defend yourself, your family, and your community than by making sure you receive a flu shot.

The benefits of the flu shot

Each year, millions of people — around 8% of the U.S. population² — become sick with the flu. The flu shot can help:

- **Keep you healthy.** The flu shot has helped prevent:³
  - 4.4 million illnesses
  - 2.3 million medical visits
  - 58,000 hospitalizations
  - 3,500 deaths

- **Lessen the impact from COVID-19.** Becoming sick with the flu can leave you vulnerable to a more serious case of COVID-19, leading to a potential overburdening of national health care systems.¹

- **Prevent complications in people with chronic conditions.** The flu vaccine can reduce hospitalizations for people with diabetes and chronic lung conditions, and help lower the rate of cardiac events.³

- **Reduce how sick you become.** A flu shot can help decrease your risk of becoming ill with the flu by as much as 60%, and can help reduce the severity of the virus if you do become ill.

- **Protect the people around you,** including those who are at a higher risk for illness, such as babies, young children, older adults, and those with chronic health conditions.

- **Prevention**⁴. While having a flu shot is the best prevention against the flu, here are additional tips:
  - Clean shared surfaces. Wipe down items such as telephones, keyboards, steering wheels, and doorknobs often.
  - Avoid close contact with those who are sick. This will help to reduce the chance of becoming infected and sick.
  - Wash your hands often and direct your sneeze or cough to your upper sleeve.
  - Avoid touching your eyes, nose, and mouth.

Protect yourself from the flu

Visit our website at anthem.com/ca to find a doctor near you. Then, call ahead for flu shot details.