



# protect yourself from the **FLU**

**This year, get the flu vaccine that's right for you. People 65 and older should get 1 of 3 preferred flu shots. Here's what you need to know to help you and your loved ones stay safe and healthy!**

## **Getting a flu shot is the best way to prevent the flu**

The flu is a serious illness — getting the flu shot helps lower hospital visits and deaths. If you get your flu shot, you'll help keep yourself from getting sick and the flu from spreading to others.

You can get a flu shot at your doctor's office, local pharmacy, or clinics.

## **Medicare covers the flu shot**

Medicare Part B (Medical Insurance) covers one flu shot per flu season. You pay nothing for a flu shot if your doctor or other health care provider accepts assignment for giving the shot.

## **The flu can be serious for some people**

People 65 and older are at high risk of having serious health complications from the flu. Young children, pregnant women, and people with certain health conditions are also at high risk.

## **Preferred flu shots**

People 65 and older can get a preferred flu shot. These may be more effective than the standard vaccine. Ask your doctor about getting one of these three preferred vaccines if available:

- Fluzone High Dose Quadrivalent
- Flublok Quadrivalent
- Fluad Quadrivalent

## **Tips to help avoid the flu**

- Wash your hands
- Avoid touching your eyes, nose, and mouth
- Stay home when you're sick
- Clean surfaces you touch often

## **Learn more about flu prevention**

- Talk to your doctor
- Visit [Medicare.gov/coverage/flu-shots](https://www.Medicare.gov/coverage/flu-shots)
- Visit [CDC.gov/flu](https://www.CDC.gov/flu)

You have the right to get Medicare information in an accessible format, like large print, braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against. Visit [Medicare.gov/about-us/accessibility-nondiscrimination-notice](https://www.Medicare.gov/about-us/accessibility-nondiscrimination-notice), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.

