TEAM UP WITH BLUE KC

AGAINST THE FLU

Everyone 6 months of age and older should get vaccinated against the flu.*

YOUR COVERAGE

Blue Cross and Blue Shield of Kansas City (Blue KC) will pay 100 percent of the allowable charge if you receive your flu shot from an in-network provider. Most primary care doctors, pediatrician practices, clinics, and pharmacies offer flu shots. We recommend you call your healthcare provider prior to going in for a flu shot to ensure there are no restrictions, and the vaccine is available.

STAYING HEALTHY

Prevent the spread of germs and protect yourself and others from the flu by following these simple steps.

1. **Cover your nose and mouth with a tissue when you cough or sneeze.** Or cough or sneeze into your arm or sleeve if a tissue isn’t handy.

2. **Wash your hands often with soap and water,** especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective.

3. **Avoid touching your eyes, nose or mouth** so you don’t spread germs.

4. **Try to avoid close contact with sick people.**

For more information about who is at the greatest risk for the flu this season, visit [flu.gov/at-risk](http://flu.gov/at-risk).

Source: The Centers for Disease Control & Prevention