



# Outsmart The Flu

Get a \$0 flu vaccine\*

## The flu is sneaky.

It spreads before you have symptoms.

It masks itself from the immune system.

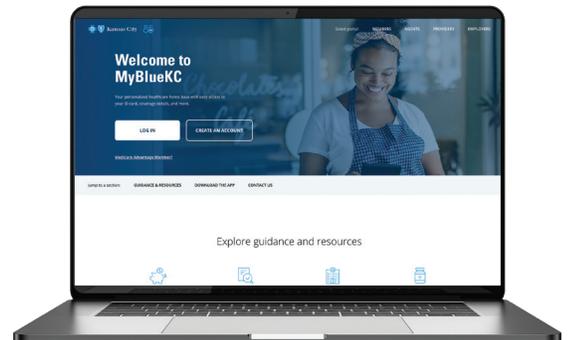
It can start as a harmless tickle in the throat...

and develop into body aches, fever, cough, sore throat, runny/stuffy nose, headache, and fatigue.

## Arm yourself against the flu for \$0

Your Blue KC health plan covers the cost of the flu vaccine at 100% when it's administered by an in-network provider, such as your primary care provider (PCP) or a retail health clinic. Blue KC members can find an in-network provider at [MyBlueKC.com](https://www.mybluekc.com) and click **Find Care** in the left column.

Spira Care Centers offer no-appointment flu shots for Blue KC members with exclusive access to Spira Care Centers.



## Get to know the flu:

### Flu puts older adults and people with heart and lung disease at greater risk<sup>1</sup>

Unvaccinated individuals 65 and older and people with chronic conditions are at a greater risk of flu complications. Conditions include but are not limited to:

- Lung disease – People with asthma or chronic obstructive pulmonary disease are at a greater risk of being hospitalized with flu complications.
- Heart disease – People with conditions like congestive heart failure may have up to a six-time higher risk of having a heart attack within a week of a confirmed flu infection.

### Flu spreads easier than you may think

Remember those aerosols we were introduced to during COVID? Turns out, they're responsible for spreading the flu, too. People with the flu generate infectious, tiny droplets that stay suspended in the air. By simply breathing, not to mention sneezing and coughing, a sick person is spreading the flu.

### Flu shuns vitamin C

The notion that vitamin C will protect you from the flu is a myth rooted in the 1970s. However, taken in large doses, vitamin C may help reduce the flu's duration and symptoms. And it can help boost your immune system to fight infections.

Continued

\*When administered by an in-network provider or retail health clinic or a Spira Care Center (for Blue KC members with exclusive access to Spira Care Centers).



## Get to know the flu, continued:

### Flu and mucus are like oil and water

No one likes to think about mucus. But here's a game changer. The mucus in your nose – where the flu virus typically invades – contains antibodies called IgAs, which can protect you from the flu.<sup>2</sup> Most effective when it's wet, mucus is at its healthiest when you're hydrated. So, drink up this flu season.

### Flu lingers like a bad perfume

Once the flu virus moves into your house, it's there to stay for a while. It has a 48-hour life span on hard, nonporous surfaces and a 12-hour life span on surfaces like clothes and tissues. Your best defense: wash or sanitize all surfaces that come in contact with an infected person.

### Flu likes Fido

Your dog and other pets can catch their own strain of the flu that is species specific. Although there's no chance of infection between you and your furry friend, your pet may have symptoms similar to humans – sneezing, coughing, and fatigue – so be on alert during flu season.

<sup>1</sup>Flu & People with Asthma, Flu & People with Heart Disease or History of Stroke

<sup>2</sup>Mucus, [Our Body's Silent Defender](#). UNC Healthcare.

## It's Prime Time for the Flu Vax

Now's the time to get your \$0 flu vaccine from your PCP, an in-network retail health clinic, or a Spira Care Center if you're a Blue KC member with exclusive access to [Spira Care Centers](#).

To locate a PCP or in-network retail clinic near you, visit **Find Care** on your Blue KC member portal at [MyBlueKC.com](#).