



WHAT'S TRUE about the flu?

Q: Will I get the flu from the flu shot?

A: No. The flu shot is made from dead viruses that cannot give you the flu.¹

Q: Do I need a flu shot every year?

A: Yes. The flu changes every year. Each year the shot is used to fight the most current flu.¹

Q: When should I get a flu shot?

A: As early as you can. You can get the flu shot beginning in September or as soon as the shot is available. You can also get it throughout the flu season, which can last as late as May. There is no waiting period required between a COVID vaccination and a flu shot.

Q: Why should I get a flu shot?

A: The flu usually makes people very sick for several days and is the reason almost 500,000 people are hospitalized each year.² Getting a flu shot every year is the best way to protect yourself and others.

Q: Can I still get the flu after I get the flu shot?

A: Yes. Like other vaccines, the flu shot doesn't work 100 percent of the time and does not start working until about two weeks after you get the shot. During those two weeks, you can get the flu as easily as people who have not had a flu shot. Still, the best way to keep from getting the flu is to get a flu shot every year.

Q: What are the side effects of getting a flu shot?

A: You cannot get the flu from a flu shot. Almost all people who get the flu shot have no problems from it. Some people may have soreness, redness or swelling where the shot was given, a low-grade fever or aches. These could happen soon after the shot is given and usually last one to two days. Severe allergic reactions are rare, but anyone who is allergic to chicken eggs should not get the flu shot.

Get the facts

Visit [BlueCrossNC.com/Flu](https://www.bluecrossnc.com/flu)
for more answers to your
questions about the flu.



Q: Who should get a flu shot?

A: Everyone six months of age and older should get a flu shot each year, especially people who may be at a higher risk of getting the flu and who have a harder time getting better after they are sick (see below).

Q: Am I classified as high risk?

A: There may be times when the flu shot is only available to people who may be at a higher risk for getting the flu and who have a harder time getting better after they are sick.³ These include:

- Children younger than five years of age, but especially children younger than two years of age
- Adults 65 years of age and older
- Pregnant women and women up to two weeks after the end of pregnancy
- Residents of nursing homes and other long-term care facilities
- American Indians and Alaskan Natives
- People who have:
 - Asthma (even if it’s controlled or mild)
 - Neurological and neurodevelopmental conditions
 - Chronic lung disease, such as chronic obstructive pulmonary disease (COPD) and cystic fibrosis
 - Heart disease, such as congenital heart disease, congestive heart failure and coronary artery disease
 - Blood disorders, such as sickle cell disease
 - Endocrine disorders, such as diabetes
 - Kidney disorders
 - Liver disorders
 - Metabolic disorders, such as inherited metabolic disorders and mitochondrial disorders
 - Weakened immune system due to disease or medication, such as people with HIV or AIDS, cancer or those on long-term steroids therapy
 - People younger than 19 years of age who are receiving long-term aspirin therapy
- People who are morbidly obese with a body mass index of 40 or greater

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¹ "Misconceptions about Seasonal Flu and Flu Vaccines" www.cdc.gov/flu/prevent/misconceptions.htm? (Accessed April 2020.)

² Estimated Influenza Illnesses, Medical visits, Hospitalizations, and Deaths in the United States, 2018-2019 influenza season www.cdc.gov/flu/about/burden/2018-2019.html (Accessed March 2020.)

³ "People at High Risk For Flu Complications" www.cdc.gov/flu/about/disease/high_risk.htm (Accessed March 2020.)

This information is not meant to substitute for the advice of your doctor or any other health care professional. Contact your doctor to discuss your health concerns.

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