

Stay healthy this flu season!

Get your **flu shot today!**

Prevent the flu!

We want to help you stay healthy. Follow these tips to help prevent the flu:

- Get the flu shot. It's at no cost to you!
- Visit your Primary Care Physician (PCP) to schedule an appointment for your flu shot.
- You can also use the Molina Mobile App or call Member Services at (888) 898-7969 to find an approved Molina Pharmacy giving flu shots near you.
- Remember, the flu shot will not give you the flu!
- Wash your hands often and cover your mouth when you cough.
- Stay home if you are sick to prevent spreading the flu to others.
- The Centers for Disease Control and Prevention (CDC) recommends everyone 6 months of age and older to get the flu shot by October.

Know your symptoms and how to treat them. Please tell your PCP if you received your flu shot somewhere else. If you have already had your flu shot this year, you are all set! There is not a need to get another one.

Symptoms

- Fever between 100° & 104° F & chills
- Fatigue & weakness
- Headache, muscle or body aches
- Cough, runny or stuffy nose
- Nausea, diarrhea or vomiting

How to Treat

- Get plenty of rest
- Drink plenty of fluids
- Cover up with a warm blanket to calm chills
- Put a humidifier in your room to make breathing easier

For more information about the flu, call our 24-hour Nurse Advice Line toll free at



(888) 275-8750 (English)
(866) 648-3537 (Spanish)
TTY/TDD 711

MolinaHealthcare.com



Your Extended Family.

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