



Fight the Flu

Don't wait, vaccinate.

+ Why get a FLU shot?

- The flu is a serious condition and a contagious respiratory illness caused by the Influenza virus.
- It can be a serious illness and at times can lead to death.
- Texas reported 9,977 deaths for the 2017-18 flu season.
- People with chronic conditions such as diabetes may have serious health issues if they do not get the flu vaccine, it may include:
 - Fever
 - Pneumonia
 - Asthma

+ Where To Get The Flu Shot

El Paso Health+ Members, you can receive your flu shot at no cost!

Members ages 65 and older are recommended to get their shot at their doctor's office OR at any participating in-network pharmacy.

To find a pharmacy, go to:

ephmedicare.com/pharmacy-drugs/
[pharmacy-provider-directory/](http://ephmedicare.com/pharmacy-provider-directory/)

+ Fight the FLU



Avoid Contact



Stay Home if You are Sick



Cover Your Nose and Mouth



Wash Your Hands



Avoid Touching



Clean and Disinfect

+ FLU Symptoms



Dry Cough



Fever



Body Aches



Runny Or Stuffy Nose



Sore Throat



Tired



Chills And Body Shakes



Headache

CALL YOUR DOCTOR IF YOU ARE EXPERIENCING 2 OR MORE OF THESE SYMPTOMS.

Visit our website for more information ephmedicare.com