

GET THE FLU FACTS:

Keep yourself and your family healthy



Influenza, commonly known as the “flu,” can be mild, but it can also be very unpleasant. Symptoms, which appear suddenly, include a fever, hacking cough, runny nose, and sore throat. The fever usually lasts for about three days, but can last a full week. The other symptoms can linger three or four days after the fever disappears. You might keep experiencing the dry cough for up to ten days after other symptoms are gone. Some people feel tired and weak for several weeks.¹



Get Vaccinated!

The best way to avoid the flu is to get a vaccine every year.² This rule applies to everyone 6 months and older with rare exceptions. You can get a flu shot at many locations, including retail pharmacies, a doctor’s office, and urgent care centers. Flu shots are approved for almost everyone, including pregnant women and people with chronic health conditions.³



Everyday Prevention

The flu is highly contagious. To prevent spreading influenza, take precautionary measures like washing your hands frequently, staying away from those who are sick, and covering coughs and sneezes. You can pass on the flu even before you know you’re sick, as well as while you’re sick, so it’s wise to be careful.⁴



Flu Symptoms

If you have the flu, you might feel some or all of these symptoms:⁵

- Fever (Not everyone with the flu has a fever.)
- Feeling feverish and/or chilly
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Tired feeling
- Vomiting and diarrhea (These are more common in children than adults.)

(continued)



Know the Warning Signs⁶

Be aware of these signs and more serious flu symptoms:



In Children

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Severe irritability
- Returning symptoms
- Fever with a rash



In Adults

- Difficulty breathing
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Returning symptoms



In Infants

- Unable to eat
- Having trouble breathing
- Crying but has no tears

Consult with your doctor or seek immediate medical attention should a child, adult, or infant show any of these signs of serious flu symptoms and complications.



People at High Risk: The flu can be serious for people of all ages, but the groups at highest risk are: people 65 years and older, people with asthma, diabetes, or heart disease, pregnant women, and young children.⁷

For more information on the flu, visit [cdc.gov/flu](https://www.cdc.gov/flu).

Visit [ahealthyme.com](https://www.ahealthyme.com) and be sure to sign up for an ahealthyme account!

1. [cdc.gov/flu/consumer/symptoms.htm](https://www.cdc.gov/flu/consumer/symptoms.htm)
2. [cdc.gov/flu/keyfacts.htm](https://www.cdc.gov/flu/keyfacts.htm)
3. [cdc.gov/flu/protect/whoshouldvax.htm](https://www.cdc.gov/flu/protect/whoshouldvax.htm)
4. [cdc.gov/flu/keyfacts.htm](https://www.cdc.gov/flu/keyfacts.htm)

5. [cdc.gov/flu/keyfacts.htm](https://www.cdc.gov/flu/keyfacts.htm)
6. [cdc.gov/flu/consumer/symptoms.htm](https://www.cdc.gov/flu/consumer/symptoms.htm)
7. [cdc.gov/flu/keyfacts.htm](https://www.cdc.gov/flu/keyfacts.htm)



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ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Services at the number on your ID Card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).