



**Centers for Medicare & Medicaid Services
National Medicare, Medicaid and CHIP Flu Education Campaign**

Protect. Prevent. Prevail this Winter. Get the Flu Shot--not the Flu!

Protect yourself from the flu by getting your flu shot early, before flu season ramps up. Medicare covers many preventive services including the flu shot. If you have a child over 6 months old that qualifies for Medicaid or CHIP, you may also qualify for the flu vaccination at no cost to you.

- People with Medicare can get the flu shot at no cost. There is no coinsurance or copayment and the deductible doesn't apply.
- The flu shot helps prevent the flu; it doesn't give you the flu. Getting a flu shot is the best thing you can do to keep from getting sick this flu season. Also, by protecting yourself, you're protecting those you care about from getting the flu from you.
- All adults 65 and older, and people under 65 who have chronic illness, including heart disease, lung disease, diabetes or End-Stage Renal Disease should get a flu shot.

Helpful tips to follow during flu season:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also work.
- Don't touch your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home if you're sick. Wait at least 24 hours after you no longer have a fever (100°Fahrenheit or 37.8°Celsius) or signs of a fever without the use of a fever-reducing medicine.

Don't overlook routine preventive services such as cancer screenings (mammogram, colorectal, prostate) and cardiovascular screenings, and simple things such as getting a flu shot. Each of these Medicare-covered tests and services are critical to your overall health and can help you prevent diseases or detect them early, when treatment works best.

For more information visit www.medicare.gov/share-the-health or call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048. You can also visit www.flu.gov for specific information about the flu. More information is available at www.healthcare.gov.

Note: If you have a child that qualifies for Medicaid or the Children's Health Insurance Program, call your State Medical Assistance (Medicaid) Office for information about flu vaccine coverage.

This information prepared by the U.S. Department of Health and Human Services.