

# MedBen WellCare



benefitness for you.

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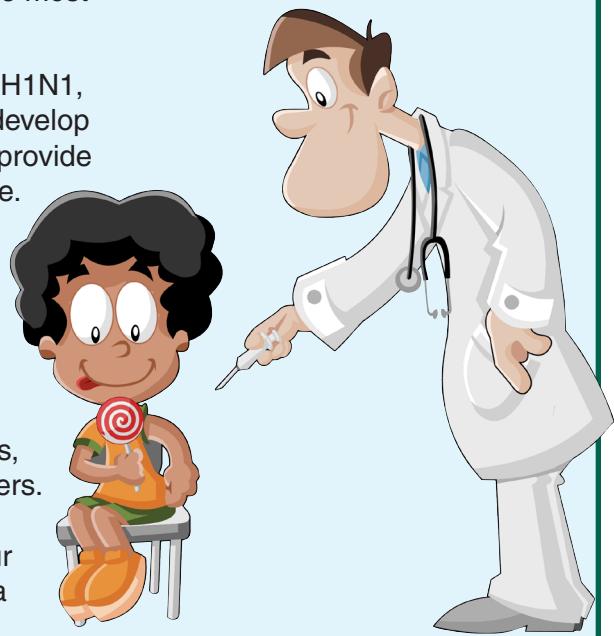
## December is National Influenza Vaccination Month

Grown-ups and kids alike may wince at thoughts of “the needle”, but for most people getting a flu shot is definitely worth a moment or two of discomfort. The influenza vaccine protects against multiple viruses that will be most common during the upcoming season.

A flu vaccine is made to protect against three major flu viruses – H1N1, H3N2, and the B virus. When you receive a flu shot, antibodies develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

Physicians recommend that you get a flu shot every year because the viruses are constantly changing. Studies conducted over different seasons and across vaccine types have shown that the body's immunity to influenza viruses declines over time.

Flu vaccines are offered in many locations: doctor's offices, clinics, health departments and pharmacies, as well as by many employers. If you don't get a flu shot from your family doctor, it's a good idea to let him or her know during your next wellness exam. And if your fear of “the needle” is too strong, talk to your doctor about using a nasal spray flu vaccine instead.



### Should I Get A Flu Shot?

#### DO get vaccinated if...

- You have asthma, diabetes, or lung disease.
- You are pregnant.
- You live with or care for others who are at high risk of developing serious complications.

Also, the CDC suggests that **everyone six months of age and up** get vaccinated.

#### DON'T get vaccinated if...

- You have a moderate-to-severe illness with or without a fever. Wait until you recover.
- You have a history of Guillain–Barre Syndrome (GBS), a paralytic illness.
- You have an allergic reaction to eggs, unless your doctor okays it. Most, but not all, types of flu vaccine contain a small amount of egg.