

Stay healthy this flu season!

Get your **flu shot today!**

How to get the flu shot

- Visit your Primary Care Provider (PCP) for your flu shot or
- Go to your pharmacy to get the flu shot.
 - Use the Molina Mobile App or call Member Services to find a pharmacy near you. The number for Member Services is on your Molina ID card.

How to prevent the flu

- Wash your hands often and cover your mouth when you cough.
- Stay home if you are sick to prevent spreading the flu.
- The Centers for Disease Control and Prevention (CDC) recommends everyone 6 months of age and older and people with chronic health problems get the flu shot.

Flu facts

- The flu shot will not give you the flu.
- People with chronic health conditions may become sicker if they get the flu.
- A flu shot can lower the risk of being admitted to the hospital.
- The flu and COVID-19 share similar symptoms. Preventing the flu means one less disease to worry about. Protect yourself and your family by getting the flu shot.

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



(888) 275-8750 (English)

(866) 648-3537 (Spanish)

TTY/TDD 711

To get this information in your preferred language or alternate formats, call Member Services.

The number is on your Molina ID card.

MolinaHealthcare.com



Your Extended Family.



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