

Don't miss your flu vaccine. It's more important than ever in 2020.

According to the Centers for Disease Control and Prevention (CDC), the flu and COVID-19 viruses will likely be spreading at the same time this year. That's why getting a flu vaccine is more important than ever.¹

Reduce your risk of getting the flu and ending up in the hospital. Get your flu vaccine in September or October to protect yourself, your family and others.

Here's what you need to know.¹

Who should get a flu shot in fall 2020?

Everyone 6 months of age or older (with rare exceptions) should get the vaccine.

When should people get the vaccine?

The flu arrives at slightly different times every year, and its peak varies in different areas of the country. In general, September and October are the best months to get vaccinated. But remember, later is better than never. If flu season is still happening, vaccines still make sense.

Will new flu strains circulate this season?

The viruses change constantly, so there will likely be new strains of the flu this year.

Will both the flu and COVID-19 spread in the fall and winter? Could I have both at the same time?

It's likely that both will be spreading at the same time, and it's possible that you could have both. That's why it's so important to get a flu vaccine this year. It can help reduce your chance of needing to go to the hospital for the flu and help reduce the spread of respiratory illnesses, which makes some people more at risk for serious symptoms if they get COVID-19.

Will a flu vaccine protect against COVID-19?

No, it will not protect against COVID-19, but it will reduce your risk of getting the flu. When we take steps as a society, we can keep more people out of the hospital—and preserve health care resources, which may be in short supply. Also, people at high risk for flu complications also seem to be at higher risk for COVID-19. So it's especially important to get your flu shot if you're at high risk.

Get your flu shot soon!

For members of The Railroad Employees National Health and Welfare Plan or The National Railway Carriers and United Transportation Union Health and Welfare Plan, the flu vaccine is covered at **100%** (\$0 out of pocket) when you use a provider or location in your health plan's network. That includes many retail pharmacies and convenience care clinics often located inside retail stores. Be sure to bring your health plan ID card when you get your flu shot.

Have questions? Need help finding a flu vaccine location?

Call Railroad **HEALTHLINK** at **1-866-735-5685**. A team of dedicated registered nurses is available 24/7 to help—regardless of which health plan you have.



1-866-735-5685
RAILROAD HEALTHLINK

Your health. Our focus 24/7.

1. CDC. Frequently Asked Influenza (Flu) Questions: 2020–2021 Season. Available at: <https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>. Accessed September 2, 2020.

This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through RAILROAD **HEALTHLINK** is for informational purposes only and provided as part of your health plan. Nurses, Wellness Coaches and other program representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law and will not be shared with your Railroad employer or Labor Union.

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