

Protect yourself from the flu

Vaccines are a safe way to protect yourself from serious health complications and hospital visits. This flu season, it's important to get your flu shot. Here's what you need to know to help you and your loved ones stay safe.



Getting a flu shot is the best way to prevent the flu

The flu is a serious illness—getting the flu shot helps lower your risk of hospital visits and death. If you get your flu shot, you'll help keep yourself from getting sick and prevent the flu from spreading to others.

- You can get a flu shot at your doctor's office, local pharmacy, or flu clinics. Visit [Vaccines.gov](https://www.vaccines.gov) to find a flu vaccine near you.

Medicare covers the flu shot

Medicare Part B (Medical Insurance) covers one flu shot per flu season. You pay nothing for a flu shot if your doctor or other health care provider accepts assignment for giving the shot.

The flu can be serious for older adults

People 65 and older are at high risk of having serious health complications from the flu. Young children, pregnant women, and people with certain health conditions are also at high risk.



Medicare

You have the right to get Medicare information in an accessible format, like large print, braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against.

Visit [Medicare.gov/about-us/accessibility-nondiscrimination-notice](https://www.Medicare.gov/about-us/accessibility-nondiscrimination-notice), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.

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! Trivalent Vaccine

People 65 and older can get a trivalent vaccine that protects against 3 different flu viruses.

Ask your health care provider or pharmacist about getting a trivalent vaccine and other vaccines. It's safe to get your flu, COVID-19, and RSV vaccine at the same time.

Tips to help avoid the flu

- Wash your hands often.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you're sick or at least 24 hours after a fever.
- Clean and disinfect surfaces you touch often.

Learn more about the flu shot and other vaccines

- Talk to your doctor or health care provider.
- Visit [Medicare.gov/coverage/flu-shots](https://www.Medicare.gov/coverage/flu-shots).
- Visit [CDC.gov/flu](https://www.CDC.gov/flu).
- Visit [CDC.gov/rsv](https://www.CDC.gov/rsv).
- Visit [Medicare.gov/coverage/coronavirus-disease-2019-covid-19-vaccine](https://www.Medicare.gov/coverage/coronavirus-disease-2019-covid-19-vaccine).