## Myth



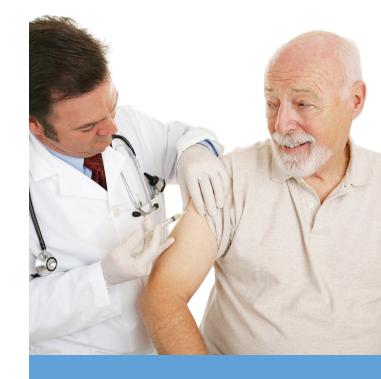
You can get the flu from the flu shot.

### **Fact**



The vaccine is made from a dead virus, so it cannot give you the flu.

Health Services Advisory Group (HSAG), the Medicare Quality Innovation Network-Quality Improvement Organization (QIN-QIO) for Arizona, California, Florida, and Ohio encourages you to talk to your doctor about obtaining the vaccines you need to stay healthy.



Flu Season





### www.hsag.com

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## What You Should Know







# During your annual visit, ask your doctor what vaccines you need to stay healthy.



- ▶ It is estimated that 70-85% of flu-related deaths in the US have occurred among people 65 years and older.
- Antibiotics will not help you get better if you have the flu.
  Antivirals may help. Ask your doctor for more information.

### **Did You Know?**

This past flu season was the worst in the last 6 vears.





was the
first year
that all
48 continental
US states had full
flu outbreaks at
the same time.



It takes about

two weeks

after vaccination

for your body to

develop protection

against the flu.

Last flu season, the highest hospitalization rate was among people 65 years and older.







People with chronic illnesses, such as diabetes and heart disease, are at a **higher risk** of getting the flu and pneumonia.

#### Sources

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CDC. Influenza Vaccines. Available at: https://www.cdc.gov/vaccines/hcp/adults/downloads/fs-influenza-hcp.pdf.

CDC. Summary of the 2017-2018 Influenza Season. FluView report of 2017–2018 Influenza Season. Available at https://www.cdc.gov/flu/about/season/fluseason-2017-2018.htm.

## Nine Ways to Boost Your Immune System

- Taking care of yourself is the best way to help your immune system stay strong. Eat right, stay active, and get enough sleep.
- Eat a well-rounded diet. Turn half your plate to fruits and vegetables and have a lean protein and whole grains as well.
- 3 Drink alcohol in moderation, if at all.
- Get your annual flu shot and other vaccinations as recommended by your doctor.
- Fit in your recommended activity (around 20 minutes a day). Speak with your doctor about your recommended activity level.
- If you smoke cigarettes, consider quitting. Smoking decreases your ability to fight off infections.
- Get enough sleep. If you are always tired, you are likely to get sick more often.
- Stress less. Stress impacts your immune system.
- Consider eating more yogurt or fermented foods. These contain good bacteria for your digestion.

Source: Schoeder, M., 9 Ways to Boost Your Immune System. U. S. News & World Report. Accessed on September 19, 2018. Available at: https://health.usnews.com/wellness/slideshows/9-ways-to-boost-your-immune-system.