

IT'S QUICK, EASY AND FREE

Keep yourself and your loved ones healthy
with an annual flu shot.



With hundreds of thousands of people hospitalized with the flu each year, **getting the flu vaccine is more important than you might think.**

WHY GET YOUR FLU SHOT?

IT CAN SAVE LIVES

The flu can cause serious complications, such as dehydration, bacterial pneumonia and sinus infections, and worsening of chronic illnesses, like diabetes or COPD.

KEEP YOUR LOVED ONES SAFE

The flu virus spreads easily. When you get the vaccine, you protect yourself and those around you – especially those who are pregnant, elderly or have a weakened immune system.

YOU WON'T GET THE FLU FROM THE FLU SHOT

The flu vaccine contains an inactivated virus that cannot give you influenza.

ANY SIDE EFFECTS ARE USUALLY MILD

The flu vaccine is proven to be safe. If you experience any side effects, they are usually mild and only last a day or two.

NEEDLE-FREE FLU VACCINES MAY BE AVAILABLE

Not a fan of needles? Ask your Quantum Health Care Coordinators if the nasal spray option is right for you and where you can find it.

YOUR QUANTUM HEALTH CARE COORDINATORS ARE HERE FOR YOU

If you need support, a team of nurses and benefits experts is here to help with things like:

- Responding to any questions or concerns you may have about the flu vaccine
- Guiding you to nearby locations that provide the flu vaccine
- Confirming your coverage for the flu vaccine and other recommended immunizations



The flu vaccine has been shown to reduce the chances of a sick visit to the doctor by 40% to 60%.¹

40-60%

1. Vaccine Effectiveness: How Well Do Flu Vaccines Work? cdc.gov. August 2022.



MyNIAMBenefits.com

(866) 871-0839

(Monday-Friday, 8:30 a.m.-10 p.m. ET)

