



Have You Had Your Flu Shot Yet?

You should receive a flu shot every year because the influenza virus changes each year.

Three top reasons to get a flu shot:

1. Prevent deaths.
2. Prevents severe illness.
3. Protects other people.

Influenza, also known as the flu, is a contagious disease that is caused by the influenza virus. It attacks the respiratory tract in humans (nose, throat, and lungs). The flu is different from a cold. Influenza usually comes on suddenly and may include:

- Fever
- Headache
- Tiredness (can be extreme)
- Dry cough
- Sore throat
- Nasal congestion
- Body aches
- Nausea
- Vomiting
- Diarrhea (more common in children)

The best way to prevent the flu is to get an influenza vaccine each fall, before the flu season. You may also get a vaccine to protect yourself from pneumonia. It is important to get the pneumonia vaccine if you are age 65 years and older or if you have certain health conditions. Call your doctor today to schedule your flu shot and to ask if you need a pneumonia vaccine.

Two kinds of vaccine are available:

1. Flu shot - made from inactivated (killed) flu virus. Approved for use in people six months and older - includes healthy people and those with chronic medical conditions.
2. Nasal spray vaccine - made with live, weakened virus. Approved for use in healthy people 2 to 49 years of age who are not pregnant.

Anyone 14 years of age and older, may also get the flu and pneumonia vaccine at locations listed on the next page, October through February any time during regular pharmacy hours. The flu and pneumonia vaccines are provided at no cost to Paramount members. Be sure to have your Paramount insurance card with you.

This is a covered benefit for all Paramount members. If you have any questions, please call 419-887-2525 or toll free at 1-800-462-3580 or TTY: 1-888-740-5670. You may also go to www.paramounthealthcare.com to check for a continuing updated list of providers.

The H1N1 flu vaccine is a separate vaccination. It is paid for by the government, there is no cost for the vaccine. Check with your primary care physician for availability.

The flu can be spread one day before and five to seven days after symptoms appear.

Here are a few tips to help stop the spread of flu and other illnesses:

- Avoid close contact with people who are sick
- Stay home when you are sick for at least 24 hours after the fever is gone
- Cover your mouth with a tissue, when coughing or sneezing
- Wash your hands often
- Avoid touching your eyes, nose or mouth

Certain people are at increased risk for serious complications from the flu, they include:

- People 50 years and older
- People of any age with chronic medical conditions
- Pregnant women and children 6 months to 18 years of age
- People who live or work in nursing homes and other long term care facilities
- People who live with or care for those at high risk for complications (health care workers, care givers of children less than 6 months old)

The number one myth about the flu shot:

Flu shots can cause the flu. **WRONG!**

It cannot cause the flu and does not cause flu illness. People who have gotten the flu shot may get sick from different virus that causes respiratory illness but is mistaken for the flu. The flu shot only prevents illness cause by certain influenza virus.

As a Paramount Member, WHERE may I receive my flu or pneumonia vaccine?

You may receive your flu or pneumonia vaccine from any provider that participates with Paramount who provides the flu and pneumonia vaccine.

2009 Paramount Participating Flu Shot Locations

- **Your Primary Care Physician**
- **Participating Specialist**
- **Kroger – All locations in Ohio and Michigan**
Check individual store location for hours of administration
- **The Little Clinic**
Located within some Kroger locations
- **The Medicine Shoppe**
7473 Secor, Unit C, Lambertville, MI
Walk-ins 9 AM to 5 PM Monday through Friday starting October 1st
- **The Pharmacy Counter**
Three Toledo locations:
2655 W. Central Avenue, 1515 S. Byrne Road, 2701 Navarre Avenue
Walk-ins during regular business hours,
9 AM to 6 PM Monday through Friday, 9 AM to 1PM Saturday