



To get your flu shot, stop by your employer's flu shot clinic.

It's time to start protecting yourself from the flu. The easiest way to protect yourself and your family is by getting a flu shot each year. If you have questions about the flu or the flu shot, check out the answers to these frequently asked questions.

## Frequently asked questions

### Can I get the flu from a flu shot?

No. Some people may have some aches or a slight fever after a flu shot but this is not the flu.

### Can I have allergic reactions to a flu shot?

Serious allergic reactions to a flu shot are rare. However, if you've ever had Guillain Barre Syndrome, a serious allergic reaction to eggs or a previous flu shot, check with your doctor to make sure a flu shot is safe for you.

### When should I get a flu shot?

Most people should be vaccinated by the end of October. However, pregnant women in their third trimester should get their shot ASAP. Children who require two flu shots should also get their first shot ASAP so they will be ready to get their second shot by the end of October.

### What do I wear for a flu shot?

A shirt or blouse that has short sleeves or is loose enough to roll up works best so that the shot can be given in your upper arm.

### Do I need to bring anything to the clinic?

Yes, please bring your HealthPartners member ID card.

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For more information about the flu, visit [healthpartners.com/fightflu](https://healthpartners.com/fightflu)

## About the flu

### What are the symptoms of the flu?

- Fever
- Headache
- Sore throat
- Cough
- Muscle aches
- Fatigue
- Runny nose

### If I get sick, how do I know when I'm contagious and when I can come back to work?

You're contagious starting one day before your symptoms first appear. It's recommended you stay home at least 24 hours after your fever is gone without the use of medicines, like Tylenol®, to help lower your temperature.

### How can I take care of myself at home?

Get plenty of rest, drink lots of water and take medicines, like Tylenol®, to help lower your temperature.

### Is there medicine available to treat the flu?

Yes, it's called antiviral medicine. Antivirals fight against the flu by keeping the flu viruses from spreading through your body. If you get sick, antivirals can make you feel better faster. They work best when started within 48 hours after your symptoms begin. Antivirals are usually given to people with severe illness or who are at higher risk for problems from the flu. Check with your doctor to see if an antiviral is right for you.

### Should I be concerned about the flu?

The following groups are considered at risk for developing complications from the flu:

- Pregnant women
- People who live with or care for children younger than 6 months of age
- Health care and emergency medical services workers with direct patient contact
- Everyone 6 months through 24 years of age
- Others with weakened immune systems due to:
  - » Illness, medication, chemotherapy, HIV/AIDS
  - » Asthma
  - » Bronchitis
  - » Chronic respiratory disease (COPD/Emphysema)
  - » Diabetes
  - » Extreme obesity
  - » Heart disease
  - » Neurological disorder that affects breathing

### When should I seek medical help? Are there danger signs I should watch for?

In children, warning signs that need urgent medical attention include:

- Fast breathing or difficulty breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting (listless)
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough; this could be a sign of pneumonia

In adults, warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- New or sudden confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough; this could be a sign of pneumonia

### How can I prevent the spread of flu?

- Wear a mask when you go out to prevent germs for both you and others.
- Get a flu shot
- Cover your nose and mouth with a tissue or sleeve when you cough or sneeze
- Wash your hands with soap and water or use an alcohol hand sanitizer often
- Avoid touching your eyes, nose and mouth
- Stay home when you're sick