

## 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.



2018–2019  
**Flu Season**

*What You  
Should Know*



[www.hsag.com](http://www.hsag.com)

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



### Vaccine Facts

- ▶ 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 years.



It takes about **two weeks** after vaccination for your body to develop protection against the flu.



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



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:  
 Influenza Hub 65+. Understanding How the Flu Impacts Chronic Diseases. Available at: <https://www.flu65plus.com/stories/understanding-how-flu-impacts-chronic-diseases>.  
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 CDC. Influenza Vaccines. Available at: <https://www.cdc.gov/vaccines/hcp/adults/downloads/fs-influenza-hcp.pdf>.  
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## Nine Ways to Boost Your Immune System

- 1 Taking care of yourself is the best way to help your immune system stay strong. Eat right, stay active, and get enough sleep.
- 2 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.
- 4 Get your annual flu shot and other vaccinations as recommended by your doctor.
- 5 Fit in your recommended activity (around 20 minutes a day). Speak with your doctor about your recommended activity level.
- 6 If you smoke cigarettes, consider quitting. Smoking decreases your ability to fight off infections.
- 7 Get enough sleep. If you are always tired, you are likely to get sick more often.
- 8 Stress less. Stress impacts your immune system.
- 9 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>.