

TRS-ActiveCare GET YOUR FLU SHOT

BlueResourceSM – Protecting Your Health – Getting A Flu Shot

A Quick Vaccine Gives Powerful Protection

Many people don't like shots. The benefits of an annual flu shot outweigh the reasons not to get one. An annual flu shot can:

- keep you from getting sick with the flu
- protect you, your family members, friends and coworkers
- lessen your symptoms and downtime if you do get the flu
- reduce the number of people who are hospitalized
- prevent flu-related deaths in people with heart and lung conditions
- be lifesaving in children who have a higher risk of dying from flu
- protect women during and after their pregnancy



Get your annual flu shot.

Source: Key Facts About Seasonal Flu Vaccine. Centers for Disease Control and Prevention. 2020.

766181.0624



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