

Protect yourself from the flu

Get the flu vaccine that's right for you. People 65 and older can get 1 of 3 preferred flu shots. Here's what you need to know to help you and your loved ones stay safe and healthy this flu season!



Getting a flu shot is the best way to prevent the flu

The flu is a serious illness—getting the flu shot helps lower your risk of hospital visits and death. If you get your flu shot, you'll help keep yourself from getting sick and prevent the flu from spreading to others.

You can get a flu shot at your doctor's office, local pharmacy, or flu clinics.

Medicare covers the flu shot

Medicare Part B (Medical Insurance) covers one flu shot per flu season. You pay nothing for a flu shot if your doctor or other health care provider accepts assignment for giving the shot.

The flu can be serious for older adults

People 65 and older are at high risk of having serious health complications from the flu. Young children, pregnant women, and people with certain health conditions are also at high risk.

! Preferred flu shots

People 65 and older can get a preferred flu shot. These may be a **greater benefit than the standard dose**. Ask your doctor about getting one of these 3 preferred vaccines if available:

- Fluzone High Dose Quadrivalent
- Flublok Quadrivalent
- Fluad Quadrivalent

Tips to help avoid the flu

- Wash your hands often.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you're sick or at least 24 hours after a fever.
- Clean and disinfect surfaces you touch often.

Learn more about flu prevention

- Talk to your doctor or health care provider.
- Visit [Medicare.gov/coverage/flu-shots](https://www.medicare.gov/coverage/flu-shots).
- Visit [CDC.gov/flu](https://www.cdc.gov/flu).



Medicare

You have the right to get Medicare information in an accessible format, like large print, braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against.

Visit [Medicare.gov/about-us/accessibility-nondiscrimination-notice](https://www.medicare.gov/about-us/accessibility-nondiscrimination-notice), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.

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