

# Flu and pneumonia

## Protect yourself against flu and pneumonia

Getting a flu shot every flu season is a great step toward staying healthy and strong. If you're age 65 or older or have certain medical conditions, the pneumonia vaccine can be important for you, too. Both of these illnesses can be dangerous. But simple vaccines offer protection for you, your family and friends.

**Flu, or influenza,** is spread easily by a virus when someone coughs or sneezes. You can also catch it by touching things like doorknobs and handles that have the flu virus on them.

**Pneumonia** is an infection in the lungs. It can spread to your blood and brain and cause serious health problems, too.

People at greater risk if they get sick with flu or pneumonia are older adults; people who smoke; people with chronic lung diseases, such as emphysema or asthma; plus infants and children.

**Where can I get the shot?** Your doctor may be able to give you the flu shot or tell you where you can get it. Many local health departments, pharmacies, retail clinics and other organizations offer flu shots at no cost.

## Who should get a flu vaccination?

It's simple. The Centers for Disease Control and Prevention says **everyone** over 6 months old should get the vaccine.

You can get it by a shot (injection). Depending on your shot, it can protect against three or four types of flu.

Get it as soon as you can.

## Who needs the pneumonia vaccine?

For most people, one or two shots of the pneumonia vaccine will last their entire life.

### Get a pneumonia vaccine if you:

- Are age 65 and older
- Have problems with your lungs, heart, liver or kidneys
- Have health problems like diabetes, asthma, sickle cell disease, alcoholism or HIV/AIDS
- Smoke cigarettes, cigars or use other tobacco



## Practice extra-strength protection

Vaccines do a great job of protecting you, but they cannot knock out all the germs that cause flu and pneumonia.

If you want to get the most out of your flu and pneumonia vaccines, try this added protection:

- Wash your hands often with soap and warm running water
- If you use water-free hand cleaners, use enough to get your hands thoroughly wet

**For the best protection, get your flu shot every flu season**

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## Why get vaccinated?

Every year in the United States, 5 to 20 percent of the population gets the flu. Most cases are mild, but they can be severe. According to the CDC, annually, 200,000 people are hospitalized.

Don't be one of them!

Flu vaccination is a simple and effective way to protect yourself and your family.

## Talk to your doctor about the flu and pneumonia vaccines

For more information, talk to your doctor or pharmacist or sign in to the MyHumana Flu and Pneumonia Condition Center at [Humana.com/flu](http://Humana.com/flu).

You can also call the toll-free Customer Care number on the back of your Humana member ID card.

## Write it down!

You only need one flu shot each flu season. Most people only need one or two pneumonia shots, five or 10 years apart. With that schedule, even an elephant wouldn't remember when the next dose is due. So write down when you get your flu and pneumonia vaccines and who gave them to you.

### Use this sheet as a reminder

I got a flu vaccine from:	
On this date:	
I'll need another one:	
<hr/>	
I got a pneumonia vaccine from:	
On this date:	
I'll need another one:	

Sources: Centers for Disease Control and Prevention  
[www.cdc.gov/flu/about/qa/disease.htm](http://www.cdc.gov/flu/about/qa/disease.htm)  
[www.cdc.gov/vaccines/vpd-vac/pneumo/vacc-in-short.htm](http://www.cdc.gov/vaccines/vpd-vac/pneumo/vacc-in-short.htm)

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