



Flu season is upon us... Get your flu shot!

The CDC recommends that you get a flu shot to protect yourself each flu season, which runs from October to April. Peak flu season is between December and February. The CDC recommends you get vaccinated before peak flu season, as it takes up to 2 weeks to fully protect you. See the attached CDC flyer, which answers many questions about the flu shot.

Flu shots are available at most major pharmacies and walk-in clinics, such as Walgreens, CVS, and Giant Eagle. Many places offer incentives – for example, \$5 off groceries at Giant Eagle with your flu shot. Most locations allow appointments so you don't have to wait!

Make sure to have your **UMR Insurance** card with you when going to your appointment!