

## Preventing the Flu

**There's still plenty of time to get the flu — and still a chance to prevent it.**

The timing and duration of flu activity can vary, so it's not too late to encourage patients to get a shot if they haven't already done so!

The Centers for Disease Control and Prevention (CDC) expects seasonal influenza viruses will continue to circulate as late as April or May and recommends people get vaccinated to protect themselves against the various strains. While almost everyone over 6 months of age should get a vaccine each flu season, it's especially important for your high-risk patients to get vaccinated.

### Who is at high risk?

- Patients age 65 or older
- Patients with certain chronic diseases and illnesses
- Children who are 6 months to 18 years old
- Women who are pregnant or expect to become pregnant

### Free flu shots for our members

Members with Amerigroup pharmacy benefits can get free flu shots at local participating pharmacies — all they have to do is show their Amerigroup ID card. Members should check with their local pharmacy for locations offering free flu shots, times the vaccines are offered and any restrictions on vaccines for children.

### Need help?

We get the latest flu updates from the CDC and the Advisory Committee on Immunization Practices and regularly post information here on our provider self-service site. We recommend you check the [CDC website](#) for the most recent flu season developments.

### Prebook your vaccines today for the 2013–2014 season

Many suppliers prebook the next season's vaccines as early as the preceding December. Reach out to your supplier as soon as possible to place your order for the upcoming flu season.

As providers, you do more than just administer health care — you make our members' lives better. Let us know how we can help. If you have questions, contact your local Provider Relations representative or call Provider Services.

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