

# What's true about the flu?

**False** A flu shot will give me the flu.

**True** The flu shot is created from dead or inactive viruses that are non-infectious and cannot cause the flu.<sup>1</sup>

**False** I am healthy, so I don't need a flu shot.

**True** Even if you are healthy, you can still catch the flu and may infect loved ones, those who are vulnerable or "high-risk."

**False** I don't need to get a flu shot every year.

**True** A person's immune protection from vaccination declines over time. An annual flu shot is needed for the best protection.<sup>1</sup>

## Flu Shot Clinic

**Date:** October 1st and 2nd; October 10th

**Time:** 9:00am to 4:30pm

**Location:** 10/1 & 10/2 - EUC Alexander Room;  
10/10 - Campus Supply Training Room

**Remember to bring your photo I.D. and BCBSNC insurance card.**

Some Blue Cross and Blue Shield of North Carolina (BCBSNC) members are eligible to receive a flu shot at no additional cost. Check your preventive care benefits to see if you qualify under your plan.

<sup>1</sup> Source: <http://www.cdc.gov/flu/about/qa/misconceptions.htm> (accessed June 2015).  
Each clinic has been allocated a supply of vaccine. Shots will be given on a first-come, first-served basis until the supply is depleted. A parent or legal guardian must accompany children ages 4-17 and provide written authorization (children under 4 should see their physician). Nonmembers may receive a flu shot for \$30 (cash or check only). Members in self-funded plans should check with their plan administrator to determine if the influenza vaccine and FluMist<sup>®</sup> are covered benefits and, if covered, where they can receive the benefit at the lowest cost. These flu shots will be administered by representatives of Maxim Health Systems, a division of Maxxi Healthcare.

Services. In the event that the Centers for Disease Control (CDC) recommend that flu shots go to "priority groups" before the general public, Maxim Health Systems will give priority to those who fit the CDC's high-risk criteria.  
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