

# Remind your patients to get a flu shot

The CDC recommends everyone 6 months of age and older get a flu vaccine every year with few exceptions.

## Talk to your patients

Many people have fears or misconceptions about the flu vaccine. Talk to your patients about the importance of getting a yearly flu vaccine.

- **Recommend the flu shot to your patients.** Research shows that when providers recommend patients get the flu shot, it makes a big difference in the number of people who get the vaccine. Vaccines are especially important for individuals at high risk for serious complications such as those over 65 and those with pre-existing conditions.
- **Reassure your patients.** Many people worry they will get sick from the vaccine. Reassure patients that while there can be some side effects, the flu vaccine will not give them the flu and is an important step in protecting against getting the flu.
- **Remind patients of additional preventive actions.** In addition to getting the flu shot, remind patients of the importance of everyday steps toward prevention. To help slow the spread of germs, they should:
  - Avoid close contact with sick people.
  - Limit contact with others as much as possible while sick and stay home for at least 24 hours after fever is gone except to get medical care or for other necessities.
  - Cover their nose and mouth with a tissue when coughing or sneezing.
  - Wash their hands with soap and water for at least 20 seconds.
  - Avoid touching eyes, nose and mouth.
  - Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

We're here to help you, so you can focus on your patients. Call our Provider Representatives at 855-838-7999 or email [SWHProviderRelations@molinahealthcare.com](mailto:SWHProviderRelations@molinahealthcare.com)

Sources:

"6 Ways to Get Your Patients Immunized This Flu Season." *American Medical Association*, 7 Nov. 2016, [www.ama-assn.org/delivering-care/public-health/6-ways-get-your-patients-immunized-flu-season](http://www.ama-assn.org/delivering-care/public-health/6-ways-get-your-patients-immunized-flu-season).

"Preventive Steps." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 9 Oct. 2019, [www.cdc.gov/flu/prevent/prevention.htm](http://www.cdc.gov/flu/prevent/prevention.htm).