



DON'T FORGET YOUR FLU SHOT

The Centers for Disease Control and Prevention (CDC) recommend a flu vaccine for everyone 6 months or older.

Getting a flu shot is especially important for:

- Pregnant women
- Those living with a chronic health condition
- If you're older than 65
- If you're a caregiver

No matter what you've heard, the flu vaccine doesn't give you the flu.

Talk to your health care provider if you have concerns about getting a flu shot.

Spanish: Español ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al BlueCare 1-800-468-9698. Llame al TennCareSelect 1-800-263-5479 (TTY: 711: 888-418-0008).

Kurdish: کوردی ئاگاداری: ئه گهر به زمانی کوردی قهسه ده کهیت، خزمهتگوزاریهکانی یارمهتی زمان، به خورایی، بو تو بهردهسته. په یوهندی به بکه
(TTY: 711: 888-418-0008), TennCareSelect 1-800-263-5479, BlueCare 1-800-468-9698



Do you need help with your health care, talking with us, or reading what we send you? Call us for free at: BlueCare 1-800-468-9698 or TennCareSelect 1-800-263-5479 (TTY: 711 and ask for 888-418-0008).

We obey federal and state civil rights laws. We do not treat people in a different way because of their race, color, birth place, language, age, disability, religion, or sex. Do you think we did not help you or treated you differently? Then call BlueCare 1-800-468-9698, TennCareSelect 1-800-263-5479 or TennCare 1-855-857-1673 (TRS 711) for free.

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