

What is the flu?

The flu is a spreadable respiratory illness caused by influenza viruses. It spreads when someone who is sick coughs, sneezes, or talks. You can also pick up germs from surfaces (like phones, doorknobs, and toys) and then touch your eyes, nose, or mouth.

Common symptoms can include:

- Fever or chills
- Cough and/or sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Feeling very tired
- Vomiting or diarrhea (more common in children)

Note: Not everyone with the flu has symptoms. Some people can feel fine and still spread the flu.

If you think you have the flu, and have a health condition, call your healthcare provider or care team as soon as possible.

AmeriHealth Caritas Ohio

www.amerihealthcaritasoh.com

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English ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-833-764-7700 (TTY 1-833-889-6446)**.

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Nepali/Nepalese (Nepal) ध्यान दिनुहोस्: यदि तपाईं नेपाली भाषा बोल्नुहुन्छ भने तपाईंका निम्ति भाषासम्बन्धी सहयोग सेवाहरू नि:शुल्क रूपमा उपलब्ध हुन्छन् । **1-833-764-7700 (TTY 1-833-889-6446)** मा फोन गर्नुहोस् ।

Arabic
تنبيه: إذا كنت تتحدث العربية، تتوفر خدمات المساعدة اللغوية لك مجانًا. اتصل بالرقم **1-833-764-7700 (TTY 1-833-889-6446)**.

Somali FIIRO GAAR AH: Haddii aadan ku hadlin Af-Soomaali, adeegyada caawimaada luqadda oo bilaash ah, ayaa diyaar kuu ah. Wac **1-833-764-7700 (TTY 1-833-889-6446)**.

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Stay Healthy This Flu Season

Taking steps early during the flu season is important for adults and children living with chronic conditions.

AmeriHealth Caritas Ohio

Why the flu is different when you have a chronic condition

The flu is not "just a bad cold." Most people recover, but the flu can lead to serious illness and even death. If you or your child has a long-term health condition, such as asthma, COPD, diabetes, or heart disease, the flu can affect you more than someone who is generally healthy.

For people with chronic conditions, the flu can:

- Make symptoms worse.
- Cause flare-ups or attacks.
- Lead to urgent care visits or hospital stays.

If you care for an adult or child with a chronic condition:

- Keep medications filled and follow the care plan.
- Watch closely for early flu symptoms.
- Keep them home when sick, when possible.

Everyday health tips to help protect you and your family

- Get a flu shot each year, unless your doctor says otherwise.
- Wash hands often with soap and water.
- Clean surfaces that are touched a lot.
- Avoid close contact with people who are sick.
- Wear a face mask in public spaces.
- Keep regular doctor visits.
- Take medications exactly as prescribed.

Flu shot: What to know

- Flu shots are safe and tested.
- The flu shot helps your body build protection before you are exposed to the virus.
- Your flu protection builds over about two weeks.

You cannot get the flu, infertility, or autism from the flu shot.

Plan ahead: Flu season checklist

- Get your flu shot or schedule your child's flu shot (if needed).
- Have tissues, soap or hand sanitizer, disinfecting wipes, face masks, a thermometer, and fluids ready at home.
- Review your or your child's care plan for health conditions (e.g., an asthma action plan).
- Refill medicines needed every day (including inhalers, diabetes supplies, and heart medicines).
- Save important numbers: Member Services **1-833-764-7700 (TTY 1-833-889-6446)** is available 24/7.
- Know where you will go for care if you get sick and if symptoms get worse (your doctor, urgent care, or telehealth services, like MD Live).
- Make a backup plan for school/work and childcare if someone needs to stay home sick.

AmeriHealth Caritas Ohio member benefits

- Flu shots are covered at no cost to members.
- Members may be eligible for a $25 CARE Card reward.
- Transportation is available.
- Need help? Call Member Services: **1-833-764-7700 (TTY 1-833-889-6446)**, available 24/7.
- To learn more about flu prevention and your benefits, scan the QR code or visit **www.amerihealthcaritasoh.com/member/getting-care/flu**.

