

# Protect Yourself this Flu Season

*Getting a flu vaccine is the most important thing you can do to protect your health and your family's health.*



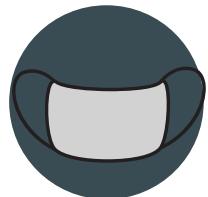
It's likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. Healthcare systems could be overwhelmed treating both patients with flu and patients with COVID-19. This means getting a flu vaccine during 2020-2021 is more important than ever.



**Where to go:** Make an appointment with your healthcare provider, visit the pharmacy, or a drive-through or limited capacity community clinic. Find clinics at [immunizenevada.org/calendar](http://immunizenevada.org/calendar)



**Need transportation?** MTM, Inc. can provide transportation for Medicaid members who qualify. Call toll-free 1-844-879-7341, TTY 711 at least 5 days in advance.



**What to expect:** The provider will be wearing PPE when vaccinating patients, such as masks, gloves, and gowns. Remember to wear a mask, practice good hand hygiene, and stay at least six feet away from others.



**Homebound?** Call 2-1-1. If you are a Health Plan of Nevada Medicaid member, call the 24/7 advice nurse at 1-800-288-2264, TTY 711. If you live in Washoe County, contact REMSA for an appointment at 775-353-0807.



**Cost:** Flu shots are zero co-pay with most insurance plans, Medicaid, and Medicare. If you are uninsured, visit a local health district or community clinic for a no-cost vaccine. Visit [immunizenevada.org/community/where-go](http://immunizenevada.org/community/where-go)



People 65 years and older, pregnant women, and those with chronic health conditions are at high risk of developing serious complications from flu. Prevent flu this season by getting vaccinated, social distancing, washing your hands, wearing a mask, cleaning surfaces, and staying home if sick.

## For more information

Call 2-1-1 or 1-866-535-5654 or Text your zip code to 898211  
visit [immunizenevada.org/adsd](http://immunizenevada.org/adsd)