






What you need to know about the Flu and COVID.

Flu shots are more important than ever this year! Flu season is here and COVID-19 has not gone away. *iCare* wants to partner with you to lower your risk of flu and COVID-19.

WHO	WHAT	WHERE	WHEN	WHY
<p>Should a flu shot be given to someone with COVID-19?</p> 	<p>What is the difference between the flu and COVID?</p> 	<p>Where should I get my flu shot? Your pharmacy!</p> 	<p>When should I get my flu shot? Now or later?</p> 	<p>Why get a flu shot during COVID-19?</p> 
<p>No. People with suspected or confirmed COVID-19 should wait to get a flu shot until cleared by your doctor. The CDC recommends that all people (6 months and older) get a flu shot. The best way to prevent seasonal flu is to get vaccinated every year.</p>	<p>The flu and COVID-19 are both respiratory illnesses, but they are caused by different viruses. COVID and flu have similar symptoms. Tests can determine if you have flu, COVID or both.</p>	<p>To get your flu shot, go to your pharmacy. You can get a flu shot at no cost to you! It's a good idea to call ahead to find out when the pharmacy is giving flu shots. If the pharmacy is not an option, call your doctor. You can also contact your <i>iCare</i> care team for help.</p>	<p>It is best to get your flu shot by the end of October. As long as the flu is spreading, you can still get a flu shot, even in January or later.</p>	<p>Getting a flu shot will not protect against COVID-19. However, the flu vaccine has many other important benefits. It will help protect you, your family, friends, and your community.</p>

Pneumonia vaccines are important too!

Infants, children and adults 65 years or older should be vaccinated.

Ask your provider if you are due.

How do I lower my risk of flu and COVID?

Because the flu and COVID spread the same way, person-to-person, lower your risk for both illnesses by following these tips:

- » Wash your hands often — 20 seconds with soap and water.
- » Avoid touching your face with unwashed hands.
- » Cough and sneeze into a tissue then throw it away and wash your hands.
- » In public, make sure you use a mask and others near you cover their nose and mouth with a mask.
- » Avoid close contact (at least 6 feet apart) with people who are sick in your home and all people outside your home.
- » Clean and disinfect high touch surfaces.



iCare's **FREE 24/7 Nurse Line 1-800-679-9874** is available and ready to answer your COVID-19 and flu questions, and assess your symptoms.

How can *iCare* help?

Call *iCare* Customer Service at 1-800-777-4376 (TTY: 711), 24 hours a day 7 days a week if you:

- » Do not have a health provider.
- » Have questions about how to get vaccines.
- » Have questions about your health, medications or information you receive.

Our office hours are Monday – Friday, 8:30 a.m. – 5:00 p.m.

ATTENTION: If you speak English, language assistance services are available to you free of charge. Call 1-800-777-4376 (TTY: 1-800-947-3529).

ATENCIÓN: Si habla español, los servicios de asistencia de idiomas están disponibles sin cargo, llame al 1-800-777-4376 (TTY: 1-800-947-3529).

CEEV TOOM: Yog koj hais lus Hmoob, kev pab rau lwm yam lus muaj rau koj dawb xwb. Hu 1-800-777-4376 (TTY: 1-800-947-3529).

注意:如果您说中文, 您可获得免费的语言协助服务。请致电 1-800-777-4376 (TTY 文字电话: 1-800-947-3529)。

DIGTOONI: Haddii aad ku hadasho afka Soomaaliha, adeegyada caawimada luqadda waxaa lagu heli karaa iyadoo bilaash ah. Wac 1-800-777-4376 (TTY: 1-800-947-3529).

ໝາຍເຫດ: ຖ້າທ່ານເວົ້າພາສາລາວ, ທ່ານສາມາດໃຊ້ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາໄດ້ ໂດຍບໍ່ເສຍຄ່າ. ໂທ 1-800-777-4376 (TTY: 1-800-947-3529).

ВНИМАНИЕ: Если Вы говорите по-русски, Вам будут бесплатно предоставлены услуги переводчика. Позвоните по номеру: 1-800-777-4376 (TTY: 1-800-947-3529).

ကျေးဇူးပြု၍ နားဆင်ပါ - သင်သည် မြန်မာစကားပြောသူဖြစ်ပါက၊
သင့်အတွက် အခမဲ့ဖြင့် ဘာသာစကားကူညီရေး ဝန်ဆောင်မှုများ ရရှိနိုင်သည်။
1-800-777-4376 (TTY: 1-800-947-3529) တွင် ဖုန်းခေါ်ဆိုပါ။

PAŽNJA: Ako govorite srpsko-hrvatski imate pravo na besplatnu jezičnu pomoć. Nazovite 1-800-777-4376 (telefon za gluhe: 1-800-947-3529).

تنبيه: إذا كنتم تتحدثون العربية، تتوفر لكم مساعدة لغوية مجانية. اتصلوا بالرقم
4376-777-8001 (هاتف نصي: 3529-947-8001).

Independent Care Health Plan:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters.
 - Written information in other formats (large print, audio, accessible electronic formats, other formats).
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters.

- Information written in other languages.

If you need these services, contact Independent Care Health Plan at 1-800-777-4376 (TTY: 711). Independent Care Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, gender identity, or sex.

Independent Care Health Plan (iCare), which insures iCare Medicare Plan (HMO D-SNP), Aurora CompleteCare (HMO D-SNP) and iCare Family Care Partnership (HMO D-SNP), is an HMO with a Medicare contract and a contract with the State Medicaid program. Enrollment in iCare Medicare plans depends on iCare's contract renewal.
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