



Prominence[®] Health Plan

Employee Health & Safety: **It Matters to You, It Matters to Us**

What to Expect for the 2020-2021 Flu Season

WORKPLACE FLU SHOT CLINICS

How and where people get a flu vaccine this year may need to change due to the COVID-19 pandemic. The Centers for Disease Control and Prevention (CDC) is not anticipating delays or shortages of the flu vaccine this year. However, providers of the vaccine may need to limit the number of patients they can serve to allow for social distancing and extra sanitization.

For the health and safety of everyone, our Prominence Wellness Team asks for at least two weeks notice to appropriately schedule and coordinate an on-site workplace flu event.

But that doesn't mean it's not important for employees to get their flu shot! Prominence members can continue to receive their flu shots from their provider or local pharmacy at no cost to the member.*

Below are helpful resources to encourage and support efforts to stay healthy during flu season.

**Members on high-deductible plans are not responsible for the cost of the flu vaccine but may be responsible for the cost of the visit.*

WHERE CAN I GET THE FLU VACCINE?

Many pharmacies conveniently offer immunizations for adults and children. Check with your neighborhood pharmacy for details and confirm they are in-network with Prominence Health Plan.

- Primary Care Provider
- CVS[®] & CVS[®] MinuteClinics[®]
- Walgreens[®]
- Raley's[®]
- Rite Aid[®]
- Safeway[®]
- Smith's
- Walmart[®]
- Target[®]

Getting a flu vaccine this fall will be more important than ever.





COMMON FLU SYMPTOMS (From the CDC)

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults

PREVENTING THE SPREAD OF FLU IN THE WORKPLACE

- Sick employees should stay home for at least 24 hours after their fever is gone
- Cover coughs and sneezes
- Wash your hands
- Avoid touching your eyes, nose and mouth
- Clean and disinfect surfaces and objects
- Take flu antiviral drugs if your doctor prescribes them

FLU SHOT AND COVID-19

Getting a flu vaccine will not protect against COVID-19, however a flu vaccination has many other important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death. Getting a flu vaccine this fall will be more important than ever, not only to reduce your risk from flu but also to help conserve potentially scarce healthcare resources.

According to the CDC, there has been no study connecting the flu shot with an increased risk of SARS-CoV-2, the novel coronavirus that causes COVID-19.

ADDITIONAL RESOURCES FOR FLU SHOTS AND COVID

- Call Prominence Health Plan Customer Service at 800-863-7515
- Visit our Prominence Health Plan Provider Directory for a list of in-network pharmacies
- Access Teladoc - a telemedicine benefit for Prominence members available 24/7 by phone or video
- Visit ImmunizeNevada.org for resources for those without insurance, as well as a calendar of community flu shot events.
- Visit [cdc.gov/flu](https://www.cdc.gov/flu) for an FAQ about the 2020-2021 Flu Season

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