

Get Your Flu Shot

Protect yourself and others from the flu.

Sutter Health Plus covers flu vaccines with no member cost share.

This year it is especially important to protect yourself and those around you from the flu by getting a flu shot. Even if you have received the COVID-19 vaccine, you still should consider getting a flu vaccine. The two viruses are different and require separate immunity-boosting vaccination. The Centers for Disease Control and Prevention recommends everyone six months and older should be vaccinated against the flu annually. The vaccine is particularly important for those at high risk of severe complications from the flu, such as pregnant women, children under age five and adults over age 65.

For your convenience, flu shots are available at the following locations at *no cost**:

- Primary care physician offices**
 Schedule an appointment with a participating provider or Sutter flu shot clinic through My Health Online.
- Sutter Walk-In Care**
 For members six months and older, by appointment only.
- Network pharmacies**
 Please call ahead to check for availability and ask if you need to schedule an appointment.

Please show your Sutter Health Plus ID card at the time of service

**Office visit copay may still apply; the flu shot is covered at no cost.*

Is it COVID-19, the flu, a cold, or allergies? Check your symptoms* to learn more.

	COVID-19**	FLU	COLD	ALLERGIES
Fever	Common (measured at 100°F or higher)	High (100° – 102°F), can last 3 – 4 days	Rare	Rare
Headache	Sometimes (can be severe)	Common (can be severe)	Rare	Sometimes
General aches, pains	Sometimes	Common (often severe)	Slight	Rare
Fatigue, weakness	Common	Common (often severe)	Slight	Sometimes
Extreme exhaustion	Sometimes (progresses slowly)	Common (starts early)	Rare	Rare
Stuffy nose	Common	Sometimes	Common	Common
Sneezing	Rare	Sometimes	Common	Common
Sore throat	Common	Common	Common	Sometimes
Cough	Common	Common (can become severe)	Mild to moderate	Sometimes
Shortness of breath	In more serious infections	Rare	Rare	Common
Runny nose	Common (especially in children)	Sometimes	Common	Common
Diarrhea	Sometimes	Sometimes***	Rare	Rare

**This is a general guide for symptoms. We encourage you to contact your provider to discuss your symptoms. Please call 911 if you feel your symptoms are life threatening.*

***Information still evolving*

****This symptom is specific to children*

Sources: CDC, WHO, National Institute of Allergy and Infectious Diseases and American College of Allergy, Asthma and Immunology.

Member Services 1-855-315-5800 | sutterhealthplus.org

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