



Receiving a flu shot from Visiting Nurse Association reduces your chance of catching the flu...and helps support services in your community.

Why should I get a flu shot?

- Influenza is a very contagious respiratory illness that can be spread by coughing, sneezing or nasal secretions.
- By getting vaccinated you can protect yourself from flu and may also avoid spreading flu to others.
- Influenza can cause mild to severe illness, especially in the young, the elderly, pregnant women and people with certain health conditions like heart, lung or kidney disease. Each year thousands die from seasonal influenza, and even more require hospitalization.
- Pneumonia, bronchitis, sinus and ear infections are three examples of complications from flu. Flu results in absenteeism and lost work productivity for a lot of workers every year

Who should get the flu shot?

This year the CDC recommends that **everyone age 6 months and older** should get a flu shot. It is especially important that the following groups get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

- Pregnant women
- Children 6 months and older
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term facilities
- People who live with or care for those at high risk for complications from flu including: health care workers, household contacts and out of home caregivers of children less than 6 months of age

Who should NOT get the flu shot?

- People who have a severe allergy to chicken, eggs or any vaccine component
- People who have had a severe reaction to an influenza vaccination in the past
- People who have a history of Guillain-Barre syndrome
- People who have moderate or severe illness with a fever (they should wait until they recover to get vaccinated)

Commercial Insurances Plans

Mercy Health Plan
Group Health Plan
SSM Exclusive Choice

Medicare HMO/PPO Insurance Plans

Coventry Advantra Freedom
Essence
Mercy Advantage
GHP Advantra
GHP Advantra Extra
GHP Gold Advantage

Traditional Medicare Part B Insurance Plans

If an individual does not have one of the insurances listed or another primary insurance.

As mandated by the state of Missouri, all pregnant women who receive the flu vaccine must receive a Preservative Free flu shot

Preservative Free flu shots are only given at certain locations. Please call VNA for more information or visit our web site.



For more information please call
(314) 513-9922 or visit our web site at
www.vnastl.com

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