



Get Vaccinated Against Flu

Risk Less So You Can Do More!

Influenza (also referred to as the “flu”) is a contagious respiratory illness caused by influenza viruses. Seasonal flu epidemics occur yearly during the colder months. Although the yearly impact of the flu varies, it affects the health of New Yorkers each season. The 2024-2025 flu season contributed to more hospitalizations than in previous years.

Most people who get sick with the flu will have mild illness and will recover in less than two weeks without medical care. Older adults, young children, those who are pregnant, nursing home residents and people with asthma, lung disease, heart disease, diabetes or obesity, are more likely to develop flu-related complications.*

TIPS TO STAY HEALTHY DURING COLD AND FLU SEASON

1. **Get your annual flu shot!** It will not only help protect you from the flu but will help protect your loved ones and colleagues.
2. **Wash hands regularly.**
3. **Clean surfaces often and regularly.**
4. **Stay home and away from others if you are sick.**

TELADOC® HELPS YOU FEEL BETTER, FASTER**

Think you have a cold or the flu, but you can't get in to see your primary care doctor — or you're traveling away from home? Your telemedicine benefit provided through Teladoc puts you in touch by phone, mobile app or online video with a U.S. board-certified doctor anytime, anywhere. Learn more at independenthealth.com/telemedicine.

Influenza A and B can also be treated or prevented with an antiviral medication called Tamiflu® (oseltamivir). It is effective for individuals aged 2 weeks and older who have had flu symptoms for no more than two days.

QUESTIONS?

Call Independent Health Member Services at (716) 631-8701 or 1-800-501-3439 (TTY: 711), Monday – Friday, 8 a.m. – 8 p.m.

*<https://www.cdc.gov/flu/signs-symptoms/index.html>

**Teladoc does not replace the primary care physician.