

# Get Your Flu Vaccine

Protect yourself and others from the flu.

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

Every year it is important to protect yourself and those around you from the flu by getting a flu vaccine. Even if you have received the COVID-19 vaccine, including boosters, you still should consider getting a flu vaccine. The two viruses are different and require separate immunity-boosting vaccinations. The Centers for Disease Control and Prevention recommends everyone six months and older should be vaccinated against the flu annually. The vaccine is particularly beneficial for those at high risk of severe complications from the flu, such as pregnant women, children under age five and adults over age 65. In addition, the CDC advises that everyone 65 and older should get the enhanced version of the flu vaccine, as it offers stronger protection against infection.

## For your convenience, flu vaccines are available at the following locations at *no cost*\*:

- **Flu Vaccine Clinic**  
Schedule an appointment at a Sutter flu vaccine clinic through My Health Online or by calling (844) 987-6115.
- **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.
- **Primary care physician offices**  
Schedule an appointment with your primary care physician or pediatrician.

Please show your Sutter Health Plus ID card at the time of service.  
\*Office visit copay may still apply; the flu vaccine is covered at no cost.

## Is it COVID-19, the flu, a cold, or allergies? Check your symptoms<sup>1</sup> to learn more.

	COVID-19 <sup>2</sup>	FLU	COLD	ALLERGIES
<b>Fever</b>	Common (measured at 100°F or higher)	High (100° – 102°F), can last 3 – 4 days	Rare	Rare
<b>Headache</b>	Sometimes	Intense	Rare	Sometimes
<b>General aches, pains</b>	Sometimes	Common (often severe)	Slight	Rare
<b>Fatigue, weakness</b>	Common	Common (often severe)	Slight	Sometimes
<b>Extreme exhaustion</b>	Sometimes (progresses slowly)	Common (starts early)	Rare	Rare
<b>Stuffy nose</b>	Rare <sup>4</sup>	Sometimes	Common	Common
<b>Sneezing</b>	Rare <sup>4</sup>	Sometimes	Common	Common
<b>Sore throat</b>	Rare <sup>4</sup>	Common	Common	Sometimes
<b>Cough</b>	Common	Common (can become severe)	Mild to moderate	Sometimes
<b>Shortness of breath</b>	In more serious infections	Rare	Rare	Common
<b>Runny nose</b>	Rare	Sometimes	Common	Common
<b>Diarrhea</b>	Sometimes	Sometimes <sup>3</sup>	Rare	Rare

<sup>1</sup> 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.

<sup>2</sup> Information still evolving

<sup>3</sup> This symptom is specific to children

<sup>4</sup> More common in omicron variant infections.

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](https://sutterhealthplus.org)

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