

Be Flu FREE



Healthy is a way of life.™

www.LouisianaHealthConnect.com

Have questions? Need help? Call us!

1-866-595-8133

TDD/TTY (deaf and hearing loss number):

1-877-285-4514

FOLLOW **3** EASY STEPS

- 1 GET YOUR FLU SHOT — IT'S FREE!**
It's the best way to keep from getting the flu. **And if you're not pregnant and under 50, you can get the nasal spray instead.**
- 2 KEEP YOUR HANDS CLEAN!**
Wash your hands with soap and water often.
- 3 USE HEALTHY HABITS!**
Cover your face when you cough or sneeze and avoid contact with others who may be sick.

Be Flu FREE

PROTECT Yourself *and* Your Unborn Baby

GET YOUR FLU SHOT TODAY!

It's SAFE! You and your unborn baby will not be hurt by your flu shot.

It's EASY! To get your flu shot, simply call your doctor (Primary Care Provider).

It's FREE! As a Louisiana Healthcare Connections member, there is no charge for your flu shot.

What Does Getting A Flu Shot Do When You're Pregnant?

- Helps protect **you** from getting the flu
- Helps protect **your baby** from getting the flu when they are born
- Helps protect **your newborn** for 6 months—when they can get **THEIR** flu shot



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Start Smart 
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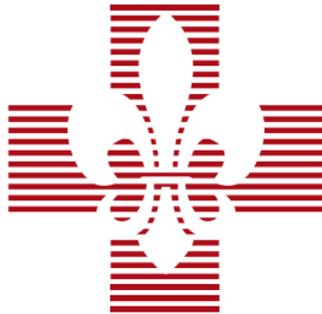
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LOUISIANA HEALTHCARE CONNECTIONS

8585 Archives Avenue, Suite 310

Baton Rouge, LA 70809



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