

California Major Risk Medical Insurance Program



Flu Vaccines (Shots) Can Protect You and Your Family

Swine Flu

2009 H1N1 (also called “swine flu”) is a new flu virus that causes serious illness. Swine Flu is different from the seasonal flu virus. Most people cannot fight off the swine flu virus. Flu shots are available to protect against the swine flu.

The Centers for Disease Control Prevention (CDC) recommends both seasonal flu shots and 2009 H1N1 flu shots be given to:

- Pregnant women
- People who live with or care for infants younger than 6 months of age
- Health care and emergency medical personnel
- Anyone from 6 months through 24 years of age
- Anyone from 25 through 64 years of age with certain chronic medical conditions or a weakened immune system.

As more vaccines become available, these groups should also be vaccinated: • Healthy 25 through 64 year olds • Adults 65 years and older

The Major Risk Medical Insurance Program (MRMIP) covers shots for swine flu and the seasonal flu. You may be charged a copayment by your plan for the flu shots. Check your Evidence of Coverage Booklet to see if there’s a copayment for immunizations. The MRMIP also covers oral anti-viral medications if medically necessary.

Call your doctor to find out if you should get the flu shots and make an appointment.

Ways to Reduce Risks for You and Your Family

Take these steps to reduce the chance of the swine flu virus infection:

1. Ask your doctor about whether you should get seasonal flu and swine flu shots
2. Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it.
3. Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
4. Avoid touching your eyes, nose and mouth. Germs spread this way.
5. Stay away from people who are sick.
6. If someone in the household is sick, try to keep the sick person in a separate room from others in the household, if possible.
7. Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean with a household disinfectant.

How Can I Learn More?

Ask your doctor. Call your local or state health department. Contact the Centers for Disease Control and Prevention (CDC): Call **1-800-232-4636 (1-800-CDC-INFO)** or visit CDC’s website at <http://www.cdc.gov/h1n1flu> or <http://www.cdc.gov/flu>. You can also visit the U.S. Department of Health and Human Services website at <http://www.flu.gov>



Visit the MRMIP website at: <http://mrmib.ca.gov/MRMIB/MRMIP.shtml>