



## Flu Shot Frequently Asked Questions

### **Q: Who should get a flu shot?**

**A:** According to the CDC, all people 6 months of age and older should get the flu vaccine, including healthy people and people with chronic medical conditions. There are some people who should not get a flu vaccine without first consulting a physician. These include:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination.
- People who have a moderate-to-severe illness with a fever (they should wait until they recover to get vaccinated.)
- People with a history of Guillain–Barré Syndrome (a severe paralytic illness, also called GBS) that occurred after receiving influenza vaccine and who are not at risk for severe illness from influenza should generally not receive vaccine.

### **Q: When can I get a flu shot?**

**A:** Flu shot clinics will be offered at select Lennox locations from 09/01/2024 - 11/30/2024. Please note that pre-registration is recommended. Pre-registration allows us to be prepared for demand. It keeps lines down and reduces wait times to a few minutes. Lennox is financially responsible for each flu shot and pays in advance, so it's important that you show up for your appointment. If you are not able to attend an on-site flu shot clinic, keep in mind that you can still get a free flu vaccine at your local in-network doctor's office or participating pharmacy, using your Lennox medical insurance. For more information about alternative flu vaccination options, contact Quantum Health at (877) 220-2279, Monday through Friday from 7:30am to 9pm CST.

### Q: How do I pre-register?

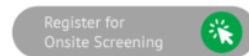
**A:** The L!veWell program makes getting your flu vaccination easy and convenient by providing onsite flu shot clinics (available in select locations). Pre-register for an onsite flu shot appointment by taking the following steps:

- Visit [L!veWell.com](https://www.l!veWell.com) to schedule an appointment.

- Click on the Health Screening Banner



- Next click on "Register for Onsite Screening."



Then, you will be directed to the Health Screening and Flu Vaccination scheduling page. Look for your site location, find the dates and times onsite flu vaccines will be provided, and select your time.

### Q: What should I wear to get a flu shot?

**A:** Please wear clothing that enables easy access to the upper arm (i.e. short sleeves, loose-fitting shirt or layering with a tank top or undershirt). For men who wear dress shirts and ties, please loosen, or remove tie prior to seeing the nurse. You should be prepared to pull your shoulder out of your shirt, which may require you to unbutton your shirt.

### Q: Where are the flu shots given?

**A:** Flu vaccines are administered via intramuscular injection, which means the medication is injected into a muscle, and in this case, the deltoid muscle (the big muscle on your shoulder).

### Q: What if I am pregnant?

**A:** The Centers for Disease Control and Prevention (CDC), the American Congress of Obstetricians and Gynecologists (ACOG), the American College of Nurse-Midwives, the American Academy of Pediatrics, and many other organizations all **strongly** recommend a flu shot for pregnant women. We

encourage you talk to your physician about receiving a flu shot during your prenatal visits. **Note: Vaccines for pregnant women will NOT be available at onsite flu shot events.** You can also inquire about alternative flu vaccination options by contacting Quantum Health at (877) 220-2279, Monday through Friday from 7:30am to 9pm CST.

**Q: Who is eligible for a flu shot?**

**A:** All active employees and spouses who are enrolled in the Lennox medical plan can receive a FREE flu shot at an onsite Flu Shot event.

**Q: Who will give the flu shots?**

**A:** Lennox has partnered with WebMD and TotalWellness to provide flu shots. TotalWellness nurses will come onsite for flu shot clinics.

**Q: Why is Lennox providing flu shots to employees and spouses?**

**A:** Lennox is committed to its employees' health and well-being, prioritizing it as an important company-wide initiative. Since up to 20% of Americans get the flu each year and receiving a flu shot is the best way to prevent flu infection, Lennox is offering free on-site flu shots.

**Q: What is the flu?**

**A:** Seasonal flu (or influenza) is a respiratory illness caused by a virus that can be transmitted person to person.

**Q: How does the flu spread?**

**A:** Flu generally spreads when an infected person coughs or sneezes, sending infectious droplets of moisture into the air for others to breathe. A person can also catch the flu by touching a surface where those droplets have fallen.

**Q: Will I get sick from the flu shot?**

**A:** The flu shot does not contain live viruses, so it cannot "give" you the flu.

**Q: Is the flu shot safe?**

**A:** The flu shot is safe and effective. There are side effects to the flu shot, but these are very few and mild. The most common side effect is soreness in the arm where the shot was given. This usually lasts a few days and does not affect the arm function but will cause aching. Some people develop mild body aching and a very low-grade fever for a few days after the flu shot.

**Q: Do I need a flu shot every year?**

**A:** To improve your chances of avoiding the flu, you need to get a flu shot every year. Scientists choose strains of the flu virus to include in the vaccine. This decision is based on international surveillance and what they determine will be circulating the following flu season. Antibodies that provide protection against the flu peak about two weeks after vaccination.

**For wellness related questions call the LiveWell Customer Success Team at (844) 800-2454.**