

# 'Care Share

## Take advantage of your flu shot—more important than ever this year

According to the Centers for Disease Control and Prevention (CDC), there is no evidence that a flu vaccination increases your risk of getting sick from a coronavirus, like the one that causes COVID-19.

The [CDC recommends](#) getting vaccinated in September or October, but a flu shot anytime during the flu season can help protect you.

When going to get a flu shot, CMS recommends following [CDC recommendations for running essential errands](#). CMS encourages people to ask their family doctors, pharmacists, or health departments if they are following CDC's vaccination guidance. Any vaccination location following CDC's guidance should be a safe place to receive a flu vaccine.

[Medicare Part B covers one flu shot per flu season](#). Beneficiaries pay nothing for a flu shot if their doctor or other qualified healthcare provider accepts Medicare payment for giving the shot.

According to the CDC, a flu shot has many important benefits, including reducing the risk of flu illness, hospitalization, death. This is while reducing strain on America's healthcare system, keeping hospital beds and other medical resources available for COVID-19 patients.

Getting your flu shot will be more important than ever this year. Be sure to take action against the flu and protect yourself and your loved ones by getting a [flu shot](#).

### Medicare covers a flu shot

Flu viruses change each year, so it is important to get a flu shot each flu season. **Once per flu season, for people with Medicare you pay nothing when you get your shot from a doctor or another health care provider (like senior centers and pharmacies) that accepts Medicare.**

To make sure you are safe this flu season, you should take important measures to prevent the flu, like:

- Washing your hands
- Covering your nose and mouth when you cough or sneeze
- Staying home when you are sick
- Cleaning frequently touched surfaces

Visit [CDC.gov](#) for more information on how to safely get a flu shot during the pandemic. Get your flu shot today!



# Be on the Lookout: Contact Tracing Scams



Contact tracing is key to slowing the spread of COVID-19 and helps protect you, your family, and your community by:

- Letting people know they may have been exposed to COVID-19 and should monitor their health for signs and symptoms of COVID-19,
- Helping people who may have been exposed to COVID-19 get tested, and
- Asking people to self-isolate or self-quarantine to reduce the risk of spreading COVID-19 infection to others.

## Green flags

- Contact tracers will:
  - ☞ Be state or local Department of Health employees or their contractors,
  - ☞ Ask about your personal symptoms to gauge for possible COVID-19 infection,
  - ☞ Ask about others you may have come into contact with recently,
  - ☞ Be able to refer you to other medical and social resources, and
  - ☞ Ask whether you have insurance so they can connect those who are not insured with resources.

## Red flags

- Be cautious of anyone who:
  - ☞ Asks for specifics about your health insurance, like your Medicare number,
  - ☞ Claims they need a credit card or cash to pay for a COVID-19 test, or
  - ☞ Wants your personal information to help you set up a COVID-19 test.

## How Can Your Senior Medicare Patrol (SMP) Help?

Your local SMP is ready to provide you with the information you need to **PROTECT** yourself from Medicare fraud, errors, and abuse; **DETECT** potential fraud, errors, and abuse; and **REPORT** your concerns. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues.

Call your local Montana Senior Medicare Patrol (SMP) at:

**1-800-551-3191**