



IT'S TIME TO Fight the Flu

Does it feel like everyone around you has a cough, fever, runny nose, or sore throat? Between October and March, flu season is in full swing. But you don't have to get sick. There are two main ways to protect yourself from the flu virus—and to keep your friends and loved ones from catching the flu from you.



Health
Happens
Here



2 ways to stay healthy this flu season

(Do both for best results!)

1

Get a flu shot, or vaccination. Each year a new flu shot is released to fight off that year's virus. You can get the shot at a doctor's office or at some pharmacies. Flu shots are recommended for everyone over 6 months old. Young children, pregnant women, and people over age 65 are especially at risk for the flu.

2

Be a flu fighter. Even after you get a flu shot, you should try to avoid flu germs. There's a chance you could still get sick and you could also spread the virus around.

To stay flu-free:

- Wash your hands often with soap and water.
- Don't touch your face. (Germs are easily transmitted through your eyes, nose, and mouth.)
- Cough or sneeze into a tissue or the crook of your elbow to keep germs off your hands.
- Steer clear of sick friends or coworkers.



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