

Fight the Flu

Flu season is upon us and the Centers for Disease Control and Prevention is reporting that this year is turning out to be one of the worst on record. For some, contracting the virus can be life-threatening. Therefore, we encourage you to take steps to protect yourself, your colleagues, and your loved ones.

Protect Yourself and Others

- **Get the whole family vaccinated.** Everyone age 6 months or older should have an annual flu shot. It's especially important for people at higher risk including young children, pregnant women, people age 65 and older, those with weakened immune systems or chronic illness such as asthma, and those who care for others who are at high risk.
- **Wash your hands often.** Or, use an alcohol-based hand sanitizer.
- **Cover your mouth.** Sneeze and cough into a tissue or in your elbow (if a tissue isn't handy). It's the best way to prevent virus droplets from becoming airborne.
- **Don't touch your nose and eyes.** And don't nibble on your nails. The virus gains entry into the body through the nose, eyes and mouth.

Think you have the flu?

- **Know the symptoms.** A fever over 100 degrees, achy muscles, chills and sweats, dry cough, fatigue, weakness and congestion could mean you have the flu.
- **Call your doctor.** Your doctor may provide a diagnosis and treatment plan.
- **Stay home.** Going to work or being out and about while sick will only spread the disease.
- **Load up on liquids and rest.** You'll prevent dehydration and help your immune system mount a good defense.



Call Health Advocate

Our experts will:

- Help research places to get vaccinated and arrange for a flu shot
- Answer questions about the flu and the vaccination

We'll also:

- Find you a doctor if you think you have the flu
- Help make the appointment
- Resolve any claim or insurance issues

...and much more!

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Turn to us—we can help.



866.799.2731

Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/members

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