

Be a Flu Fighter



Here's your to-do list to protect yourself—and those around you—during the unpredictability of flu season:



Get a flu shot. The annual vaccine is the most effective form of flu prevention. Think fun days over sick days.



Spread love, not the flu. The flu shot not only protects you; you're also preventing flu's spread to people close to you.



Up your handwashing skills. Lather and scrub for a full 20 seconds (and keep your fingers off your face).



Feeling lousy? Stay home. As soon as you feel a fever, don't make things worse—rest up.



Cover your coughs and sneezes. Keep tissues around (and toss in the garbage right after you use them).



Be good to you. Go to bed on time, drink plenty of water, and get exercise. And laugh. Do what your immune system appreciates, okay?

Flu shots are available at no cost to you. Simply go to an in-network doctor's office or participating pharmacy. To learn more, go to [PacificSource.com/flu](https://www.pacificsource.com/flu).



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