



Flu season is upon us, and this season's flu strain is particularly dangerous. According to experts, the flu season is at its peak right now, and the virus is widespread in all states except Hawaii.

It is imperative that you take measures to protect yourself from the flu. Health Advocate offers the following tips to help keep yourself and your family safe from the flu.

- **The best way to protect against the flu is to get your flu shot.** It's not too late to get yours! You can get a flu shot at your doctor's office or local pharmacy, and it only takes a few minutes at most. Plus, flu shots are covered as a preventive service under the Affordable Care Act, so you should be able to get vaccinated at little to no cost to you.
- **Get your 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.
- **Keep hands clean and germs to yourself.** Prevent the spread of germs by frequently washing your hands or using alcohol-based hand sanitizers if necessary. If you have to sneeze or cough, use a tissue or cover your mouth with your elbow to keep germs from becoming airborne. And to protect yourself, don't touch your nose, eyes or mouth if you can help it.
- **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.
- **If you feel sick...** Consider staying home! Being out and about while sick will only spread the disease. Drink plenty of fluids, rest often, and call your doctor, who may be able to provide a diagnosis and treatment plan.

For more information about the flu and getting vaccinated, please visit [www.cdc.gov/flu](http://www.cdc.gov/flu).