

# DON'T LET THE FLU GET YOU!



## WHAT IS THE FLU?

The flu (influenza) is an infection of the nose, throat, and lungs caused by influenza viruses. Every year, seasonal flu viruses cause illness, hospital stays and deaths in the United States. There are many different flu viruses and sometimes a new flu virus emerges to make people sick.

## WHAT ARE THE SYMPTOMS OF THE FLU?

Symptoms of the flu include:

- ★ Fever
- ★ Cough
- ★ Sore throat
- ★ Body aches
- ★ Headache
- ★ Chills
- ★ Fatigue
- ★ Runny or stuffy nose

Some people also may have vomiting and diarrhea.

## FLUVENTION!

### HOW DO YOU PROTECT YOURSELF FROM THE FLU?

## IT'S AS EASY AS 1-2-3!

- 1 Get your flu vaccine.** If your doctor doesn't have the vaccine, adults can go to a local CVS or Walgreens.
- 2 Keep your hands clean!** Wash your hands with soap and water often.
- 3 Take everyday steps to prevent the spread of germs.** Cover your nose and mouth when you cough or sneeze. Don't touch your eyes, nose or mouth. Avoid contact with others when they or you are sick.

There is no charge for Superior HealthPlan members to get the flu vaccine!

Remember to follow your doctors advice.

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