



# WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA



## EIGHT WAYS TO HELP PROTECT YOURSELF FROM THE FLU

Take these steps to help protect yourself and others from getting the flu.



No one wants to get sick with the flu. It's a serious contagious disease that disrupts your life and can lead to hospitalization and even death.

Take these steps to help protect yourself and others from getting the flu.

- 1. The flu vaccine is the single best way to prevent the flu.** It protects against the influenza viruses that will be most common during the flu season.
- 2. Avoid close contact with people who are sick.** If you are sick, keep your distance from others to protect them from getting sick too.
- 3. Stay home when you are sick,** and for at least 24 hours after your fever is gone (without the help of medicine).
- 4. Cover your mouth and nose** with a tissue when coughing or sneezing and throw away used tissues. Sneeze into your elbow, not your hand, to avoid spreading germs.
- 5. Wash your hands** often with soap and water or alcohol-based hand rub. Carry a small hand sanitizer with you.
- 6. Avoid touching** your eyes, nose and mouth in case you've touched something that is contaminated.
- 7. Clean and disinfect** surfaces at home, work or school frequently.
- 8. Practice good health habits.** Get plenty of sleep, be physically active, manage your stress, quit smoking, drink plenty of fluids, and eat nutritious foods.

And remember, a flu shot is a covered benefit of your medical plan.

Explore more at the [Chiefs Wellness Program homepage -->](#)