
AVOID THE FLU

Here are ten simple tips to follow to keep you and others protected from the flu:

1. **Get vaccinated against the flu.** Vaccination is the best defense against getting and spreading the flu. Though it doesn't provide a 100 percent protection, the flu vaccine may shorten the time and severity of illness. On-site flu shot clinics are typically scheduled in September and October each year.



Visit the [Flu Shot Clinic webpage](#) to find the schedule of upcoming flu shot clinics at a worksite near you.

2. **Avoid touching your nose, mouth, and eyes.** We all touch our faces much more than we might realize! Making a conscious effort to reduce the amount of times you do may prevent exposing yourself to the flu virus.
3. **Cover your coughs and sneezes with a tissue,** or cough and sneeze into your elbow.
4. **Wash your hands.** Washing your hands often and thoroughly is even more important for employees who accept things (like money or papers) and/or have direct contact with the public. Use an alcohol-based hand rub if soap and water are not available.
5. **Keep common and frequently touched surfaces clean.** We touch hundreds of items around us every day without even realizing it! Keep surfaces clean, especially if you work in a "high traffic" environment.
6. **Do not share work tools, equipment, or desks with other employees.** If you must share close spaces and equipment, make sure to clean surfaces before you use them. As a courtesy, also clean after you are finished.

Did you know that your Aetna online Personal Health Record tracks your immunization record history?

This information will help you keep track of when you are due for your next vaccination.

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7. **Stop the flu** in its tracks. If you are sick with flu like symptoms, **stay home**.
8. **Maintain a healthy lifestyle**. Proper amounts of exercise, rest and a healthy diet can make you less susceptible to the flu and other illnesses.
9. **Be prepared in case you get sick and need to stay home**. Have the following items on hand: a supply of fever-reducing medicines that contain acetaminophen or ibuprofen, alcohol-based hand rubs, tissues, and other items that may be useful to help avoid the need to make trips out in public while you are sick.
10. **Make plans to care for sick household members**, especially for children if they can't go to school or child care programs.