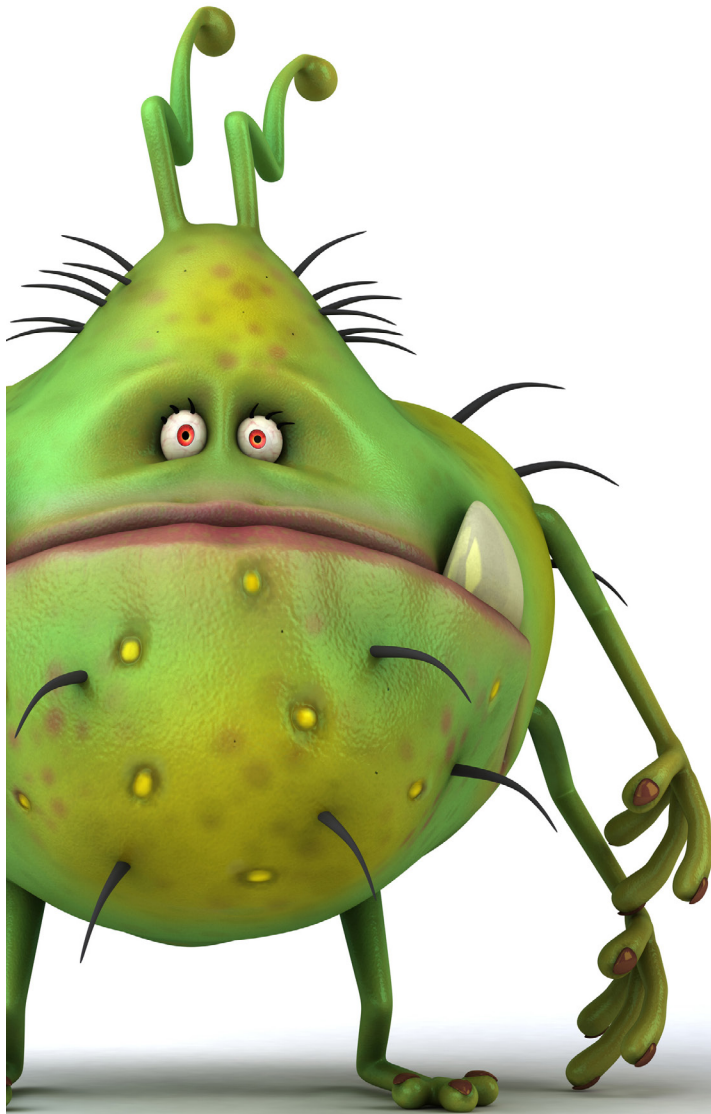


# Flu Prevention Month

HEALTHY TIP SHEET - OCTOBER



## Ways to Protect Yourself from the Flu

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands of people die from the flu. Take the following actions to protect yourself and others from the flu.

- **Get a flu shot.** According to the Centers of Disease Control and Prevention, the flu vaccination is the single best way to prevent seasonal flu.
- **Wash your hands.** This is your next best defense to preventing the flu. Wash your hands well and often with soap and warm water. If soap isn't available, use an alcohol-based hand sanitizer.
- **Avoid close contact with anyone with the flu.** If you're sick, stay home and isolate yourself from any family members. Avoid being around others who are sick.
- **Get plenty of sleep.** Try to get at least 7 hours of sleep each night. Your immune system can't fight off the flu if you're fatigued.
- **Laugh often.** Laughing decreases stress hormones which can strengthen your immune system.
- **Be physically active.** Regular exercise can help strengthen your immune system, and if you do get sick, you are more likely to experience milder symptoms. Note that excessive amounts of exercise can actually weaken your immune system.
- **Eat well.** Eat a wide variety of fruits, vegetables, whole grains and healthy proteins. Proper nutrition also helps build a strong immune system.

### Want More Information?

Visit [www.BlueHealthAdvantageNE.com](http://www.BlueHealthAdvantageNE.com) for additional health and wellness information and to take the Monthly Health Challenge – Protect Yourself from the Flu.

Source: Wellsource, Inc.

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or healthcare provider.

89-172-10 (11-27-17)

