



Fight the flu

Stay healthy this flu season

✓ Get a flu shot

Protect yourself, protect others – everyone age six months and older should get the flu vaccine each year.

✓ Cover your cough

Cover your mouth and nose with a tissue or the inside of your elbow when you cough or sneeze.

✓ Wash your hands and disinfect

Wash your hands often with soap and warm water, or use an alcohol-based hand sanitizing rub, and regularly disinfect shared surfaces.

✓ Practice good hygiene

Cleaning frequently touched surfaces regularly – such as countertops, handrails, and doorknobs – can help prevent the spread of some viruses.

Visit [ProvidenceHealthPlan.com/FindAProvider](https://www.providencehealthplan.com/FindAProvider) to find a flu shot location near you.

