

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.

Log in to your My Collective[®] account and use the **Get Care provider search** to find a flu shot location near you.