

## 7 TIPS FOR GETTING THROUGH FLU SEASON

Unlike a cold that comes on gradually, the flu begins suddenly with a headache, chills and cough. These symptoms are immediately followed by fever, loss of appetite, muscle aches and fatigue. Since there's no cure for the flu, Partners in Care has these 6 tips to help you avoid getting it:



**1. Get vaccinated.** This year, one flu shot will protect you from the most common flu viruses.



**2. Cover your nose and mouth with a tissue** when you cough or sneeze.



**3. Do not touch your eyes,** nose or mouth too often.



**4. Wash your hands frequently** with soap and water, especially after you cough, sneeze or shake hands.



**5. Drink plenty of water.**



**6. Avoid close contact with sick people.**



**7. Contact your doctor right away, if you start feeling flu-like symptoms.**