Don’t let the flu get you down

It’s never fun to be sick, but the flu is more serious than the common cold. It can be dangerous — especially for older people, children under 4, and pregnant women. Protect yourself and the people you care about with these simple tips.

Get your flu shot
It’s your best defense. The vaccination can’t give you the flu — but it can help protect you against this year’s most common strains and prevent spreading the flu to others. Don’t get the flu – get the flu shot!

Boost immunity with healthy habits
Simple things that support overall health can also help you fight the flu. Wash your hands often, and keep hand sanitizer handy. Make sure to get enough sleep, eat lots of fruits and veggies, and drink plenty of water.

Keep your germs to yourself
If you do get the flu, do yourself and your coworkers a favor and stay home. You need rest, fluids, and time to recover – and going to work sick can make symptoms worse and spread the illness around your workplace.

READY TO WIN YOUR FIGHT AGAINST THE FLU?
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Learn about Kaiser Permanente plans for city, state, and county employees and retirees. Visit kp.org/eutf.