



# **DON'T GET CAUGHT** *Unprepared* **FOR FLU**

Fall brings cooler weather, holidays, and—unfortunately—a rise in flu cases.

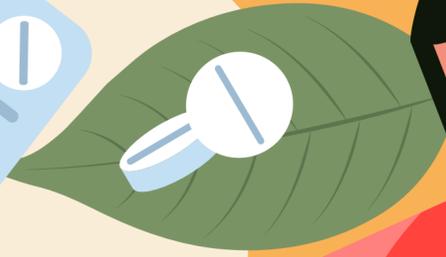
Getting vaccinated for the flu every year is the best way to keep the virus away. Experts recommend the vaccine for everyone ages 6 months and older.



# YOUR FLU *Survival Kit*

It's true that vaccines are the best protection against getting sick. Still, even those with shots may develop infections. Here are a few essential items to have on hand to cope.

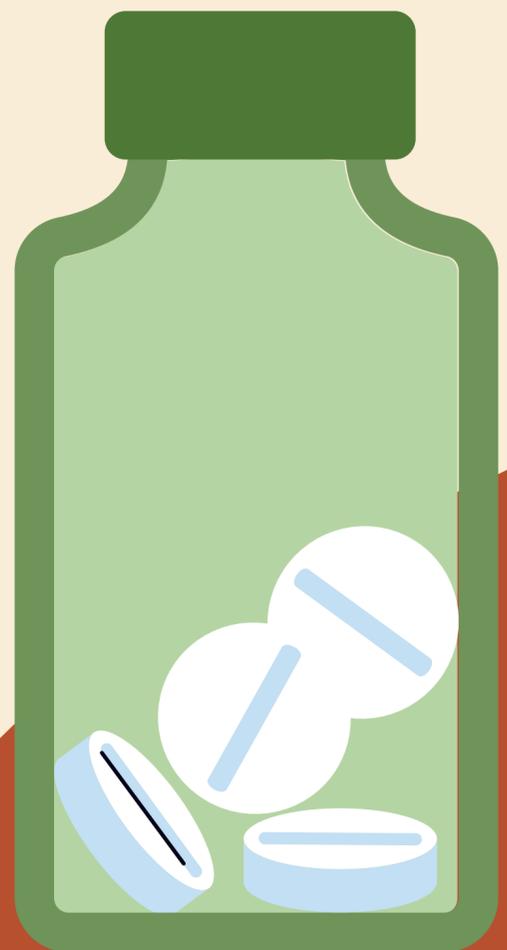


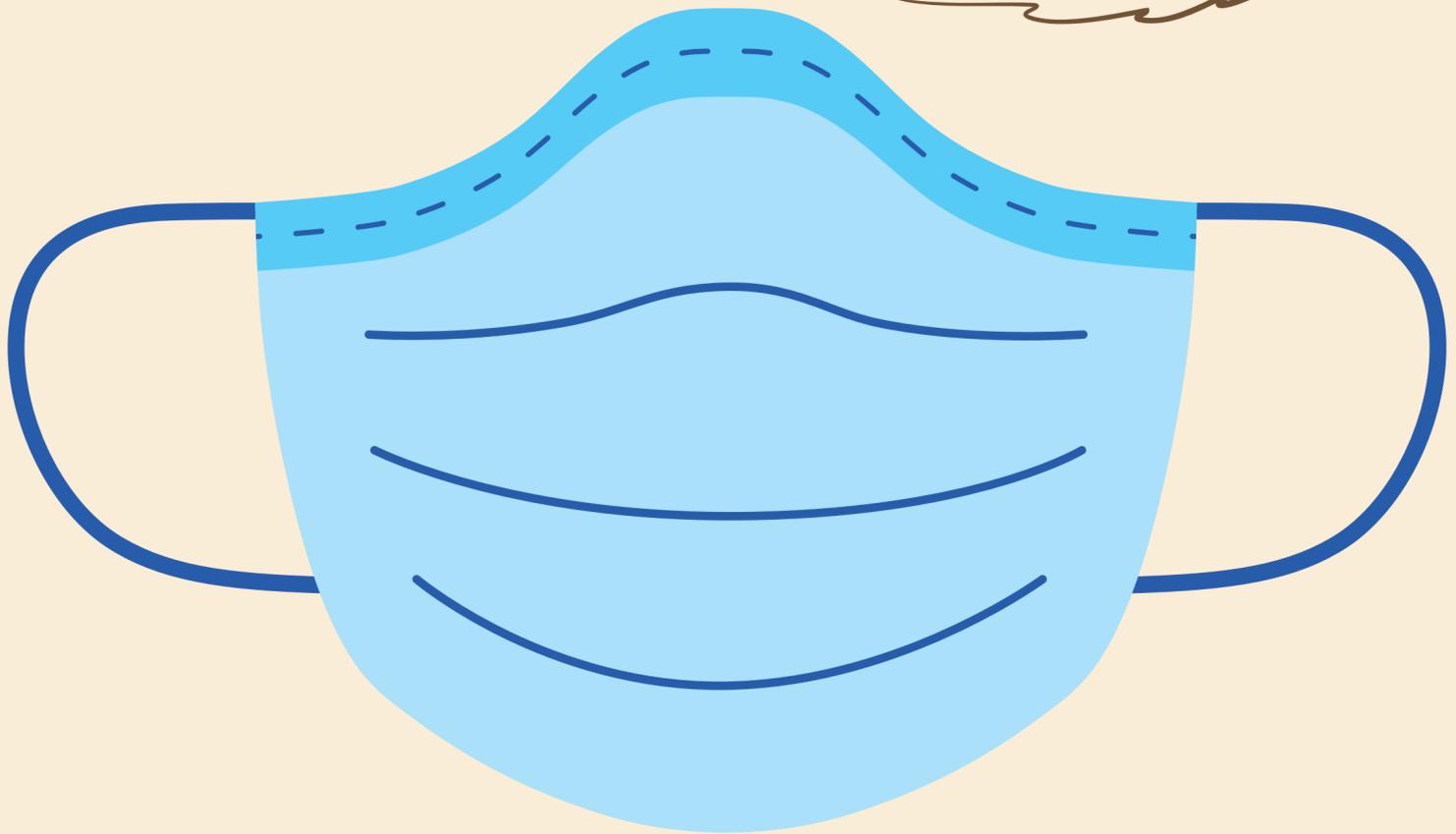


NASAL SPRAY

# OVER-THE-COUNTER *Medicines*

Drugs like acetaminophen and ibuprofen can relieve low fever and mild aches and pains. Nasal decongestants, cough medicines, and saline nasal sprays improve respiratory symptoms.





# WELL-FITTING

# Masks

When you're sick, wearing a mask prevents you from spreading the virus to others. You should also wear one if you're caring for someone who's ill.



PLENTY OF

# Tissues

Covering your nose and mouth when you cough or sneeze stops viruses from spreading. Throw used tissues in a lined trash can and wash your hands immediately afterward.



# Electrolyte BEVERAGES

Hydration is key to recovering from illness. Water works in most cases, but electrolyte drinks can provide extra nutrients. Liquids like soup and broth can also help replenish fluids.



# YOUR HEALTH CARE PROVIDER'S

## Phone Number

