



**Be a Flu Fighter**

**Here's your to-do list to protect yourself—and those around you—during the unpredictability of flu season:**



- **Get a flu shot.**
- **Spread love, not the flu.** The flu shot not only protects you; you're also preventing flu's spread to people close to you.
- **Up your handwashing skills.** Lather and scrub for a full 20 seconds (and keep your fingers off your face).
- **Feeling lousy? Stay home.** As soon as you feel a fever, don't make things worse—rest up.
- **Cover your coughs and sneezes.** Keep tissues around (and toss in the garbage right after you use them).
- **Be good to you.** Go to bed on time, drink plenty of water, and get exercise. And laugh. Do what your immune system appreciates, okay?

**Flu shots are available at no cost to you.** Simply go to an in-network doctor's office or participating pharmacy. To learn more, go to [PacificSource.com/flu](https://PacificSource.com/flu).



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