

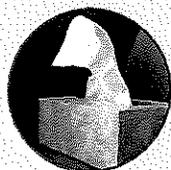
# Prevent the Spread of Colds and Flu

## Get Your Flu Shot!

The flu vaccine is the best protection against the influenza virus and it is covered under your HealthTrust medical plan. You have several options for getting the vaccine:

- receive your flu vaccine from your own primary care provider.
- **Visit ConvenientMD.** Just walk in 8 am to 8 pm any day of the week.
- **Visit a CVS Caremark®** retail pharmacy or any network pharmacy.

### Helpful Tips:



#### Cover coughs and sneezes

- Sneeze and cough into a tissue – not your hands!
- Throw the tissue away and wash your hands immediately. (See below.)
- If you don't have a tissue, cough or sneeze into your elbow/sleeve.



#### Keep your hands clean

- Lather up with warm water and soap.
- Rub soapy hands vigorously for at least 20 seconds (hum the "Happy Birthday" song twice).
- Rinse hands well and dry with a paper towel or air dry.
- Use a paper towel to turn off the faucet and to open the bathroom door.
- If soap and water are unavailable, use an alcohol-based hand sanitizer.



#### Don't spread germs

- Stay home if you are sick.
- Do not return to work or school until you have spoken with your employer.
- Avoid contact with sick people.
- Stay away from crowded places during flu season.
- Avoid touching your eyes, nose, and mouth.



#### Clean frequently used items

- The flu virus can live for up to 24 hours on some surfaces, such as remote controls, phones, toys, light switches, computer keyboards and doorknobs.
- To kill the flu virus, clean these items with a product that contains any of the following: chlorine, hydrogen peroxide, detergent (soap), iodine-based antiseptics, or alcohol.