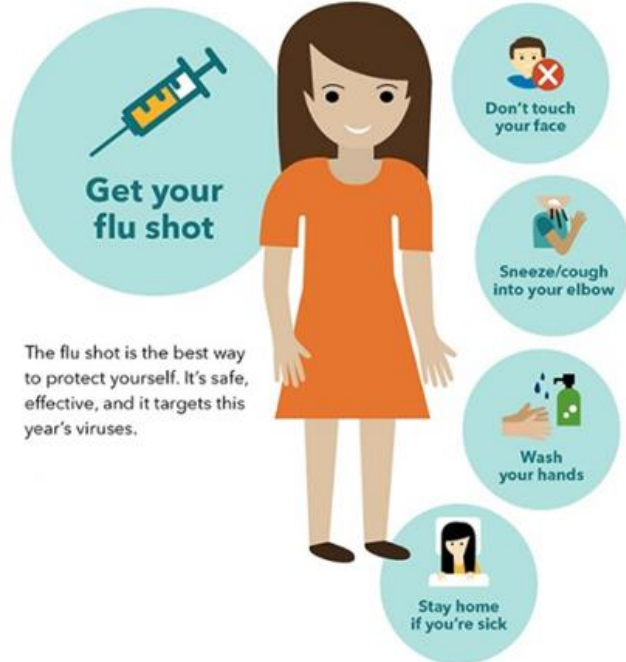


5 Ways to Fight the Flu



The flu shot is the best way to protect yourself. It's safe, effective, and it targets this year's viruses.

1. Get your flu shot

A flu shot is the most powerful protection against the flu. It's safe and effective, and this year's shot targets this year's viruses. If you're a Kaiser Permanente member, you can get your no-cost shot at any of our facilities or our flu clinics (where available) — usually without an appointment. Learn more about flu shots in your area at kp.org/flu.

2. Avoid touching your face

It's true: Your eyes, nose, and mouth are the easiest ways for the flu to enter your body. So if you don't touch your face, you make it more difficult for the flu bug to infect you.

3. Sneeze and cough into your elbow

Pretend you're a caped superhero or your favorite TV vampire and let your elbow block the thousands

of flu germs that you may be releasing into the air.

4. Wash your hands

Washing your hands can prevent you from spreading nasty flu germs or picking them up. If you take the time to reach for soap and water, you can save yourself from getting sick.

5. Stay home if you're sick

Work or school may be calling. But if you're sick, the best thing you can do is stay home in bed. The more you're around other people, the greater the risk you have of infecting others with the flu.