



LARIMER COUNTY

SEPTEMBER 2019

*your*

# HEALTHUPDATE

Fight the Flu



## PROTECT YOURSELF—*get vaccinated*

Flu season begins as early as September and can last until late May. Getting vaccinated now can help you fight the flu and keep you healthy this holiday season. Here are some top tips to guard against the flu:



### GET VACCINATED

Your best safeguard against the flu is getting vaccinated every year. Getting the flu vaccine at any time during flu season is beneficial and most medical plans cover 100% of the cost. You can also visit your local clinic or trusted pharmacy for access to inexpensive flu shots.



### HYGIENE IS KEY

Wash your hands for at least 20 seconds with soap and water and avoid touching your eyes, nose, and mouth to help stop the spread of germs this flu season. It might seem silly, but try tapping elbows with colleagues instead of shaking hands. Or clean your hands with an alcohol-based sanitizer.



### STAY HOME

If you start to feel sick, your best bet is to stay home. Remember, you can still spread the flu up to 24 hours after your last fever, so stay home and get the rest you need to keep yourself and others healthy.



### KEEP HYDRATED

Practice good health habits year-round by drinking water and eating well to ensure that you keep your body's immune system healthy and happy. Drinking water improves blood flow and keeps your flu-fighting white blood cells strong to better fight off viruses.

Visit your doctor or find a clinic near you and get your flu shot today.



Physical health



Social health

Source: CDC