

Protect Yourself and Others from the Flu

What is the flu?

The flu is caused by influenza viruses. It infects the nose, throat and lungs. Symptoms of the flu include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills and fatigue. It can make chronic health problems worse. At times, it can lead to death.

Flu season can begin as early as October and last through May. People who are 65 years or older are at a higher risk of having complications like pneumonia.

How does the flu spread?

When people with the flu sneeze or cough, the droplets can infect people nearby. It can also spread when a person touches things that have the virus on them and then touches their own mouth, eyes or nose. People with the flu can pass it on to others before they even know they are sick and while they are sick, too.

How can I protect myself and others from the flu?

Talk to your doctor or pharmacist about getting a flu shot. Flu shots are available at your doctor's office or local pharmacies such as CVS, Walgreens or Rite Aid. Visit <https://www.vaccines.gov/find-vaccines/> for more locations.

Here are more tips to keep yourself and others safe:

- Avoid contact with people who are sick.
- Limit contact with others if you are sick.
- Stay home if you are feeling sick.
- Cover your nose and mouth when you cough or sneeze.
- Wash your hands with soap and water.
- Avoid touching your eyes, nose and mouth.
- Clean surfaces that may have germs like the flu.

If you have questions, contact OneCare Customer Service toll-free at **1-877-412-2734 (TTY 711)**, 24 hours a day, 7 days a week. We have staff who speak your language. Visit us at www.caloptima.org/OneCare.



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