

MONTHLY WELL-BEING NEWSLETTER: FLU VACCINES

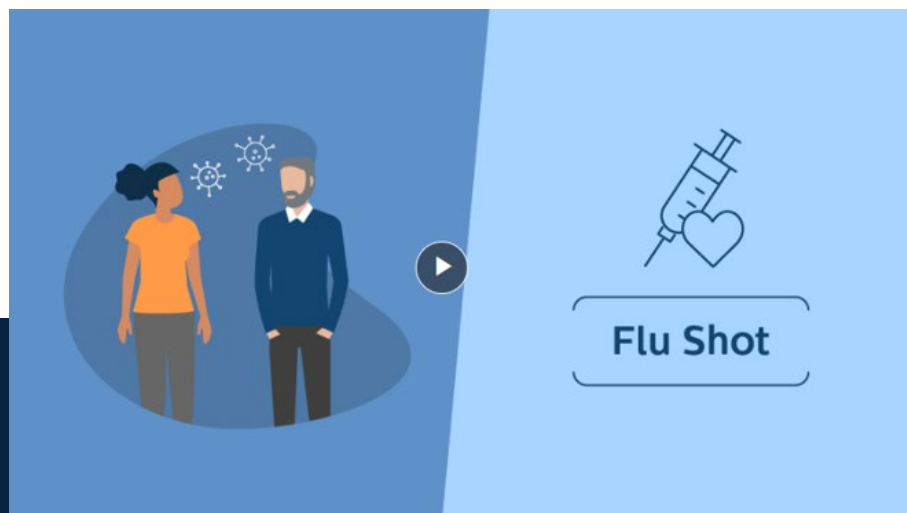
The best way to protect yourself and your loved ones against the flu is to get a flu vaccine every flu season.

What are some key reasons to get a flu vaccine

- + Prevents illness, medical visits, hospitalizations and even deaths.
- + Flu vaccine is important preventative tool for people with chronic health conditions.
- + Flu vaccines can reduce the severity of illness.
- + Flu viruses are constantly changing, so flu vaccines are updated to provide protection against the most common strains.

For more information visit: [cdc.gov/flu](https://www.cdc.gov/flu)

Watch this video for more information:



Other tips to stay healthy this flu season:

- + **Wash Your Hands:** Washing your hands throughout the day and using hand sanitizer.
- + **Sleep:** Getting enough sleep will help boost your immune system.
- + **Eat Healthy:** Having a balanced and nutritious diet can help prevent against illnesses like the flu.
- + **Manage Stress:** Being overly stressed can impact your body's immunity.
- + **Stay Home When You're Sick:** Avoid close contact with someone who is sick.