Fight the flu

Get a flu shot
Protect yourself, protect others - everyone age six months and older should get the flu vaccine each year

Wash your hands
Wash your hands often with soap and warm water or use an alcohol-based hand sanitizing rub

Cover your cough
Cover your mouth and nose with a tissue or the inside of your elbow when you cough or sneeze

Get plenty of sleep
If you get sick, stay at home at least 24 hours after your fever is gone

Visit ProvidenceHealthPlan.com/flu or call 503-574-7500 for more information.