ROLL UP YOUR SLEEVE

Be prepared for flu season

Influenza, also known as the flu, is a contagious illness caused by viruses, and anyone can get it.

The flu can be spread between people when coughing, sneezing, talking or just by touching something that has the flu virus on it. The flu can cause mild symptoms such as fever, chills, cough, sore throat and body aches or sometimes more serious complications, for example, pneumonia or bronchitis.

A flu shot is the best way to lower your chances of getting the flu and prevent spreading it to your family and friends.

You and your loved ones should receive your flu shot in the fall as soon as it is available. Getting the vaccine each year gives you the best protection.

Other actions you can take to prevent the spread of germs include to:

> Avoid close contact with people who are sick.

> Wash your hands often.

> Cover your nose and mouth with a tissue when you cough then throw it out.

> Clean objects and surfaces that may be contaminated.

Talk with your doctor if you have questions about whether a flu shot is right for you.

For more information, visit www.cdc.gov or visit **myCigna.com**, click on the My Health tab, and then search under Health Encyclopedia.

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