


HEALTH ALERT!

Avoid The Flu

(NAPSA)—It is time to take special precautions to avoid the flu. Take the necessary steps and share the idea with friends and family—instead of sharing the illness.

The Alliance for Affordable Services, an association dedicated to helping members live better and save more, offers these tips to avoid the flu:

- Cover your mouth or use tissues when coughing or sneezing.
- Wash hands on a regular basis. Use an alcohol-based hand rub when soap and water are not available.

Practicing good health habits and keeping current with flu vaccinations aid in preventing the flu virus. 

- Avoid close contact with others. Stay home if you do not feel well.
- Avoid touching your eyes, nose and mouth.
- Get a flu vaccination each year.

The Alliance uses its group buying power to attack soaring health care costs through wellness programs, information, legislative advocacy and incentives to control medical costs.

For more information, visit www.AffordableServices.org or call 800-733-2242.