

Health Bulletin



Four Ways To Keep The Flu From You And Yours

(NAPSA)—It's never convenient to be sick with the flu, but preventing it can be. Here's how.

Four Helpful Hints

To help keep your family safe from the flu and free to focus on important life events, keep these tips top of mind:

• **Get your annual flu shot:**

It's the most effective way to help prevent the spread of influenza. You can quickly and conveniently get the whole family vaccinated at any of the more than 9,600 CVS Pharmacy and 1,100 MinuteClinic locations across the country. The flu shot is available every day with no appointment needed, including evenings and weekends. As a preventive service under the Affordable Care Act, it's fully covered and available at no cost through most insurance plans, including Medicare Part B. The pharmacy can also be a one-stop shop for over-the-counter cold and flu remedies, multivitamins and anti-bacterial cleaning products. Plus, customers get a 20 percent off CVS Pharmacy Shopping Pass when they get a flu shot at CVS Pharmacy or MinuteClinic. People who have their flu shot at CVS Pharmacy or MinuteClinic locations inside select Target stores also get a \$5 Target GiftCard.

• **The earlier, the better:** The Centers for Disease Control and Prevention recommends that everyone who is eligible and at least 6 months old get a flu shot as soon as the vaccine becomes available, since it can take up to two weeks for the flu vaccine to build immunity.



A recent survey found that convenience plays a major role in determining where Americans will get flu shots.

• **Take a sick day:** While it may seem obvious, nearly two in three employed Americans would still go to work even if they were feeling ill with flulike symptoms. It's important to understand the preliminary symptoms of the flu and, if you experience them, to stay home.

• **Other preventative measures:** Places like countertops and desks are covered with germs. Wipe down and disinfect frequently touched surfaces and carry hand sanitizer. Wash your hands frequently with soap and warm water for at least 20 seconds and avoid touching your face. Cover your cough or sneeze with a tissue to prevent the spread of more germs.

Learn More

Visit www.CVS.com/flu and www.MinuteClinic.com/flu for further information and additional resources. You can also visit www.CVS.com or use the CVS Pharmacy smartphone app to locate a nearby CVS Pharmacy. If you're planning to go to MinuteClinic to get a flu shot, visit www.MinuteClinic.com to view wait times and hold a place in line.