



The single best way to prevent the flu is to get a flu shot every year, ideally in the Fall before the flu becomes widespread. Get the flu shot at your doctor's office, a retail pharmacy, or a flu shot clinic at work or in your community. The flu shot is free with your ConnectiCare plan.\*

**In addition to getting a flu shot, here are six tips to help you avoid the cold and flu this winter.**

- 1 Avoid close contact with people who are sick. When you're sick, keep your distance from others to protect them from getting sick, too.
- 2 Stay home from work, school and errands when you're sick to help prevent spreading your illness to others.
- 3 Cover your mouth and nose with a tissue when coughing or sneezing to help limit the spread of germs.
- 4 Wash your hands often.
- 5 Avoid touching your eyes, nose and mouth. Illnesses are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- 6 Practice other good health habits, such as:
  - Cleaning and disinfecting frequently touched surfaces such as door knobs, light switches or the computer keyboard and mouse
  - Getting plenty of sleep
  - Drinking lots of fluids
  - Eating healthy foods that have plenty of vitamins



Cold and flu season runs parallel to candy season — Halloween to Easter. Make an effort to limit the sweets and instead fill your plate with vegetables and snack on fruit throughout the day.

## Questions? Get in touch!

**By phone:** 1-800-251-7722 (TTY: 1-800-833-8134)  
Monday-Friday 8 a.m.-8 p.m. ■ Saturday 9 a.m. -2 p.m.

**In person:** At a ConnectiCare center, Monday – Saturday  
For locations and hours, go to [visitconnecticare.com](http://visitconnecticare.com)

**Online:** [connecticare.com](http://connecticare.com) Follow us:  



Source: Centers for Disease Control and Prevention website, <https://cdc.gov/flu/protect/habits.htm>. Updated July 31, 2015. Accessed July 24, 2017.

\*"Free" preventive care means that you will not have a copay or have to pay money toward your deductible or coinsurance for the services. If you get a flu shot while visiting your doctor for another reason, your plan's copayment, deductible and coinsurance may apply to the visit. If you get the shot at an out-of-network doctor, you will have to submit an out-of-plan reimbursement form.

The information provided is NOT intended to be medical advice and should not be treated as a substitute for professional medical advice and care. Please contact your physician when seeking any medical advice. ConnectiCare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-251-7722 (TTY: 1-800-833-8134). ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-251-7722 (TTY: 1-800-833-8134).