

# Don't Forget About The Flu!

The flu is a contagious respiratory disease that can lead to hospitalization and even death. Because of COVID-19, it's even more important to do everything you can to keep yourself and your family healthy this flu season.

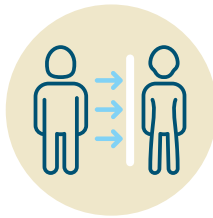
## Top ways to prevent the spread of flu:



Wear a mask when not able to socially distance



Stay home if you're sick



Avoid close contact with others who are sick



Cover your mouth and nose when you cough or sneeze



Wash your hands often



**Get vaccinated:** everyone 6 months and older should get the flu vaccine annually

**Flu season lasts from October to May. Get your flu vaccine today!**

To get your flu shot, visit your local pharmacy, your doctor, or see if your employer offers flu vaccines.

Excellus  