

# Fight the Flu.

Protect yourself and prevent the spread of the flu at work.

## Get Vaccinated

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

## Prevent the Flu from Spreading

- Avoid close contact
- Stay home when you are sick
- Cover your mouth and nose
- Cover your cough
- Wash your hands
- Avoid touching your eyes, nose or mouth



Visit [anthem.com/ca](https://www.anthem.com/ca) to find more information on preventing or managing colds and flu.