

What is the Flu?

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The flu is a contagious respiratory illness. It is caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The virus spreads from person-to-person through the air by coughing or sneezing and by direct contact from your hands.

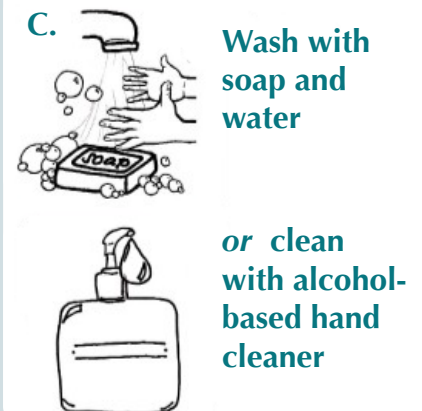
Vaccination services begins each year in September and runs through May. You should get vaccinated as soon as the vaccine is available.

What Can You Do to Stop the Spread of the Flu?

1. Get a yearly flu shot. Call your Primary Care Provider (PCP) to make an appointment today!
2. If you get the flu help prevent the spread!
 - A. Cover your mouth when you cough or sneeze with your sleeve or a tissue
 - B. Dispose of your tissue in the trash
 - C. Frequently wash your hands
 - D. Avoid touching your eyes, nose, or mouth. Germs spread this way
 - E. Try to avoid people who are sick with the flu
3. Take your medication!

If you get the flu your PCP may give you medicine. This medication may shorten the time you are ill. Make sure you take all the medication as prescribed.

If you have any questions about the flu, call Enrollee Services. The phone number to call is 866-871-2305.



REFERENCES

Centers for Disease Control and Prevention

1600 Clifton Rd.
Atlanta, GA 30333, USA
800-CDC-INFO (800-232-4636)
TTY: (888) 232-6348

www.ccaillinois.com