



METROPLUS **FLU ALERT:** PROTECT YOURSELF.

FLU FACTS:

The flu is a viral infection that can spread quickly from one person to another. Flu symptoms are worse than a cold, last longer and at times can even lead to death.

You can get the flu when someone with the flu coughs or sneezes or when you touch an object or surface that has the flu virus on it and then touch your nose or mouth. It is a good idea to keep your hands away from your face and always wash your hands.

Flu symptoms may include:

- Fever/chills
- Cough/sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Fatigue

Some people may have vomiting or diarrhea; this is more common in children.

The best way to prevent the flu is by getting a flu vaccine. Everyone 6 months of age or older including pregnant women should get a flu vaccine. **You can't get the flu from getting the vaccine!**

The flu can be treated. Tamiflu® is a medicine used to treat the flu and is covered by MetroPlus. Talk to your doctor if you think you or your child has the flu.

Remember:

- **It's not too late to get a flu shot!**
- **Wash your hands and keep them away from your face**
- **See your doctor as soon as you or your child feel sick**
- **Stay home if you are sick**

Other medications such as Relenza® may be covered by MetroPlus depending on your member benefit package.

Remember, it's not too late to get a flu shot!

This important flu information was brought to you by MetroPlus Health Plan.



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