



## Stay Healthy This Season Get Your Flu Shot

If there is one thing that is certain about the flu: it's unpredictable. That is why we have teamed up with Walgreens this year and are encouraging all insurance eligible employees to take advantage of a new opportunity go to any Walgreens to complete your flu shot at your convenience.

### Receive your flu shot at your convenience!

Get your seasonal Flu Shot where and when it is most convenient to you. Insurance eligible employees will be receiving a voucher that can be utilized at any Walgreens. Simply present the voucher to any Walgreens to get your flu shot. You will need to present your photo ID along with your voucher. No appointment necessary. State, age, and health condition-related restrictions may apply. Please consult your Walgreens pharmacist if you have any question or concerns.

Walgreens administers flu shots daily at all of its locations – with no appointment necessary. You can also redeem your voucher at any Walgreens or Duane Reade locations as well as select Healthcare Clinics. To find the Walgreens nearest you, call 800-WALGREENS (800-925-4733) or online at Walgreens.com.

### Bring the family along!

With this option, you can bring the whole family along. As an insurance eligible employee, the voucher will cover your flu shot. You can utilize your insurance plan for your family or pay out of pocket if they are not covered under the plan.

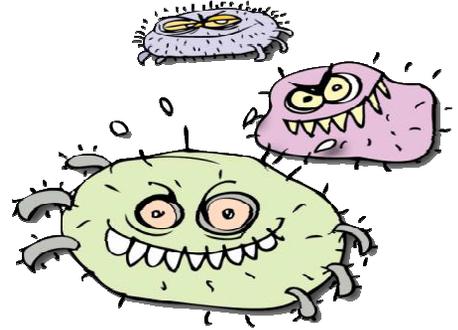


# Stay Healthy This Cold and Flu Season!

It's not always easy to determine if you have a cold or the flu, but knowing the difference can help you decide which treatment may work best to help end your symptoms. Since symptoms can overlap, it is often difficult to know for sure unless your doctor runs a flu test, which is a swab from the back of your nose or throat as soon as you start to get sick.

The **common cold** is generally milder than the flu and does not cause serious health problems or hospitalizations according to the CDC. Symptoms include:

- runny or stuffy nose
- sore throat
- sneezing
- cough
- headache or body aches
- mild tiredness
- slight fever (more common in children)



While there is no vaccine to prevent a cold, the best prevention is avoidance of people who have a cold and good hygiene, including frequent hand washing.

**Influenza or “the flu”** is a respiratory illness. However, unlike a cold, the flu can develop into a more serious condition such as pneumonia. Flu season generally runs from fall to spring, peaking in the winter months. Symptoms may be similar to that of a cold, but usually more severe:

- cough
- fever or chills (not everyone will run a fever)
- sore throat
- muscle or body aches; headache
- stuffy or runny nose
- profound fatigue (may last 2-3 weeks)

## Treatment

Fluids and rest are the best ways to treat a cold or the flu. Contact your doctor if you have trouble breathing, a high fever, a severe sore throat, or a cough that produces green mucous.

## Prevention

According to the CDC, “the single best way to protect against the flu is to get vaccinated each year”. Frequent hand washing, covering your mouth and nose, and healthy diet and exercise habits are also helpful in prevention and stopping the spread of germs.

## Sources:

- <http://www.cdc.gov/flu/about/qa/coldflu.htm>
- <http://www.flufacts.com/know/what-is.jsp>



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