

# MedBen

# WellCare

benefitness for you.

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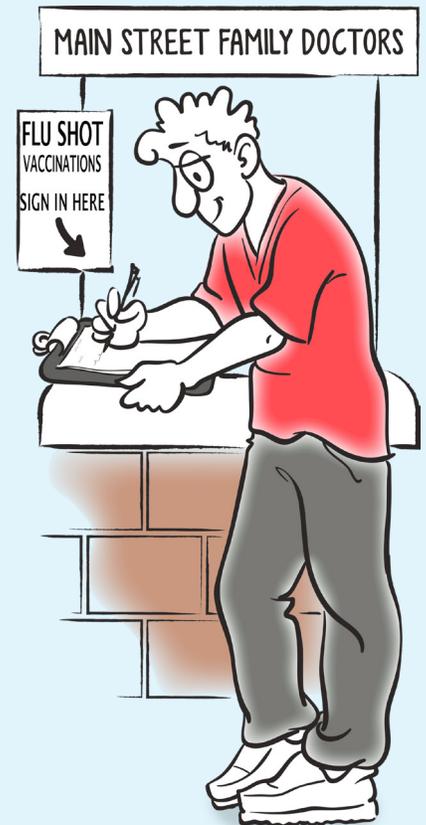
## Protect Yourself This Flu Season

With the cold and bitter air driving people indoors comes the cold and bitter flu season. Characterized by a high fever, runny nose, and total body aches that could last for weeks, the flu is a dangerous illness that affects up to 20% of the U.S. population each year. Seeing that we are already well into the flu season, which started in October and could last until May, isn't it time you made sure you were protected?

MedBen WellLiving supports the advice that individuals 6 months and older should receive a flu vaccination. With the influenza virus constantly mutating, the vaccinations are continuously updating. Due to this, a new vaccination should be received each year.

Scared of needles? That's okay – vaccinations come in an array of administration options, including a nasal spray for those ages 2 - 49. Another method includes an injection to the skin rather than the muscle, utilizing a smaller needle.

MedBen WellLiving recommends a visit with your family physician to discover which options are best for you. You may even be able to get the vaccination at your annual wellness visit, if you still haven't made it to that appointment yet. Keep in mind that the vaccination takes about two weeks to become effective, so the sooner you make an appointment, the sooner you're protected from the harsh symptoms of the flu.



## Attention: This is a Flu-Free Zone!

In addition to the flu vaccination, here are some tips to keeping away the flu this season.

- Wash your hands regularly with warm water and soap for at least 20 seconds.
- Eat fruits and vegetables at least 5 times a day to help to boost your immune system.
- Drink lots of water (8-12 cups a day) to help rid your body of any toxins or germs.
- Clean all doorknobs and light switches in your home with disinfecting wipes.
- At work, wipe down your desk and telephone at least once a week.
- Avoid stress and get plenty of rest.
- Exercise regularly.

SOURCES: Centers for Disease Control and Prevention, The Huffington Post, SPARKPEOPLE