



BLOG

Your Fall Flu Season Checklist

Prepare Now

- Get your flu shot
- Check which vaccines are due
- Stock a thermometer and fluids

Everyday Habits

- Soap for at least 20 seconds
- Sanitizer with 60 percent alcohol
- Cough into a tissue or elbow

If You Get Sick

- Stay home from work
- Call early if at higher risk
- Call 911 for an emergency



Read the full article

Cold and Flu Season Checklist: How to Prepare and When to Call

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General information, not medical advice. Your provider can tell you
what is right for you.