



Don't Let The Flu Mean Missing Memorable Moments

(NAPSA)—While the cold and flu season often coincides with holiday celebrations and family get-togethers, there are preventative measures that families can take to stay healthy and not miss out.

To help you get to the next “can’t miss” life event, consider these top preventative tips:

- **Get an annual flu shot.** It's the most effective way to help prevent the spread of influenza. For your convenience, you can get a vaccine at any of the more than 7,800 CVS/pharmacy and 900 MinuteClinic locations across the country. The flu shot is available every day with no appointment needed, including evenings and weekends.

As a preventive service under the Affordable Care Act, it's fully covered and available at no cost through most insurance plans, including Medicare Part B.

The pharmacy can also be a one-stop shop for flu prevention resources, including over-the-counter cold and flu remedies, multivitamins and anti-bacterial cleaning products. Plus, anyone enrolled in the ExtraCare Rewards program gets a 20 percent off CVS Shopping Pass upon getting the flu shot in most places.

- **Seniors, take extra precaution.** There's a high-dose flu shot designed for those 65 and older, who have a greater risk of severe illness from the flu.

- **Plan ahead: the earlier, the better.** It takes up to two weeks for your immunity to build up after getting a flu shot. The Centers for Disease Control and Prevention (CDC) recommends that everyone who is at least 6



A recent survey found that nearly two in five U.S. adults have missed a life event because they were ill with flu-like symptoms—but you don't have to.

months old get a flu shot as soon as the vaccine is available.

- **Stay home if you're ill.** While it may seem like a no-brainer, two-thirds of employed Americans would still go to work even if they were feeling ill with flu-like symptoms. It's important to understand the preliminary symptoms of the flu and, if you experience them, to stay home. This will help bolster your immune system and prevent the germs spreading.

- **Practice healthy habits.** Door handles, desks and other everyday items are ridden with germs. Wash your hands frequently with soap and warm water for at least 20 seconds and avoid touching your mouth and eyes. Additionally, eat nutritious foods, drink plenty of water, and get sufficient sleep to keep your immune system in top shape. Lead by example to educate children about these habits.

Learn More

For further information and to find a nearby store, visit www.cvs.com/flu or download the CVS/pharmacy mobile app.